

GrandAM April Newsletter

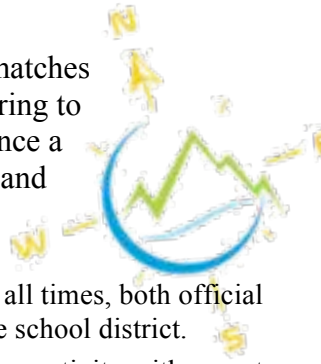
Grand Area Mentoring / 435-260-9646

Weather Delightful

Off-Campus Gallery!

Off-Campus Uplift

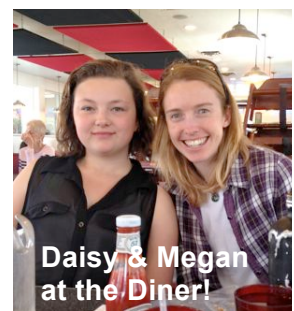
Many Grand Area Mentoring matches will venture off campus this spring to practice new skills and experience a wider world. If you plan to expand your mentee's horizons, please remember a few rules:



- Two adults must be present at all times, both official volunteers or employees of the school district.
- Mentors must call ahead to clear activity with parents.
- Call Megan (260-9645) to tell her know where you will be going for a record of your whereabouts.
- Complete the yellow off-campus report form upon return to school.
- Choose only activities that are safe and appropriate.

Have a great time! Here are a few ideas of activities mentors and students have enjoyed:

Museum • National Park • Ice cream
 KZMU • Workplace Visits • Skate Park
 Rock Shop • Hiking • Rock Climbing
 Swimming Pool • Bowling • Restaurant
 WabiSabi • Wetlands • Slackline Park
 Jeeping • Humane Society • Bark Park
 Biking • Community Service • Library



This Month in Mentoring

- April 3-4, Mid-Term Conferences. No school. No mentoring.
- April 14-18, SPRING BREAK. No school. No mentoring.
- Save the Date! May 14th, 6:30PM: End-of-Year Celebration! Join mentees and their families for some ice cream at HMK. We'll close the year on a sweet and cool note! Yum!

LOVEgive UTAH

POINT.
CLICK.
DONATE.
AWESOME.

Thank you for helping us raise \$2,263 on March 20th! It was a big and important day for the program as large and small poured in from all over the country (and globe!) in support of mentoring. It's your work they love. Congratulations for doing such an excellent job each week.

Grand Area Mentoring

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Kyra & Jean



Tom & Kyler



Cody & Kevin

Idea of the month #1: Get Active!

The American Heart Association recommends that children and adolescents participate in at least 60 minutes of moderate to vigorous exercise every day.

Physical activity should be fun!

And this can be a great

opportunity for you to be active too! Get involved in throwing, running, kicking, and playing. Even if you can't participate due to health constraints, go outside and encourage your mentee to show you what he can do. They love it when you watch and compliment!

All children, even less-coordinated ones, need to be physically active. Activity may be particularly helpful for the physical and psychological well-being of children with a weight problem.

Here are some ideas of things to do:

- Race around the ball field or park. Time your mentee to see if he or she can beat her own personal best.
- Team up with some other matches to play balloon tag! To play, all you need are balloons and string. Every player gets a balloon tied to his or her ankle. The object of the game is to pop the other players' balloons before they pop yours. Start stomping! Last player with a balloon wins!
- Red Light, Green Light! A classic!
- Play jungle-gym tag. Fun with two, three, or more!
- Play with the awesome Grand Area Mentoring sports equipment.



5 Tips for Improving Impulse Control

1. Teach your mentee to talk to himself. Studies suggest the inner voice can play an important role in stemming impulses.
2. Play memory games. Research suggests short-term memory training helps reduce cognitive overload. Try the standard Memory game or www.improvememory.org
3. Be a role model. When faced with a frustrating situation, take a few deep breaths and talk yourself down. Show how it's done.
4. Stay positive. Criticisms and judgments inhibit self-control. Kindness and care support good decisions and help calm the brain.
5. Get moving. The exercise recommended above isn't just good for the heart! Flood the brain with good chemicals.

Adapted from article by Michelle Anthony on Scholastic.com

