

RELATIONSHIP BUILDERS

Relationship building activities are a quick way to get to know your Mentee more personally. They are meant to be a fun and non-threatening way to get to know and feel comfortable with each other. It's essential to start building relationships from the beginning. Use a relationship builder each time you get together in order to create stronger, personal relationships.

THIS OR THAT / WOULD YOU RATHER

For this relationship builder, opposite opinions are presented, and an individual decides which they "would rather." Ex: "Would you rather vacation at the beach or in the city?" or "Which animal makes a better pet, dog or cat?" This activity helps you find ways you are similar and different.

LISTEN AND DRAW

This activity taps into listening skills. Sit with your backs to each other. One person draws something simple on a sheet of paper, then describes the drawing while the other listens and draws it without looking. Compare drawings.

TWO TRUTHS AND A LIE

This is a fun way to find out more personal details about someone. You simply state two truths and one lie, and your partner has to guess which the lie is. Ex: "I have never had a cavity, I hate ice cream, I have never broken a bone." Person guesses ice cream is the lie. Wrong: I have never had a cavity.

ROSES AND THORNS

Each person shares a "rose": something positive from the week. Each person shares a "thorn": something negative from the week. Ask follow-up questions. Gives insight into a person's immediate struggles and celebrations.

FUN FACT

Each person shares the same fun fact about themselves. What was the first CD you ever bought? Favorite movie? What is your dream job?

IF YOUR LIFE WAS A MUSICAL...

Which celebrity would play your character? What 3 songs would feature? Any other musical related questions are fair game. This is a fun way to think outside of the box and know someone on a more creative level.

PASS IT ON

Pass a ball between each other. The person throwing asks a question and the person catching answers. Questions can be about anything and allows both individuals to ask questions on any topic.

PLAY A BOARD GAME

Simple! Break out any game and play a round. Conversation will naturally flow and the atmosphere can become more relaxed and natural. A great way to both listen and share!

TOILET PAPER GAME

Hand your partner a roll of toilet paper and ask them to take as much as they need. They will be confused but will take some. Then tell them to share one fun fact about themselves for each square of toilet paper they have in their hand.

ABOUT ME ABC'S

Each person in the relationship writes down one word for each letter in the alphabet that describes them. Artistic, brave, Chapstick, dogs... Each person then shares his or her list. This is a great opportunity to ask follow-up questions, dig a little deeper, and identify someone's interests.

M&M GAME

Each person gets a small pack of M&Ms. Each color has a specific question attached to it. Ex: Red – something about your summer, Orange – something you do well, etc. As you eat the M&Ms together, you have to answer the question that pertains to the color you are consuming.

MY TEAM

Who is part of your "team"? Who supports you, who are your "go-to" people, who gets you? How did they get to be that way and why do you value them?

HOT BUTTONS

What are your "hot buttons," things that instantly make you happy or angry? Ex: naps are my happy time, another person's feet touching me disgusts me!

IN THE ZONE

What are things that, when you are doing them, trigger you to forget about everything else because you are "in the zone"? Ex: I ignore everything and forget about my worries when I am listening to audio books

Google and Pinterest are your friend. You can find many relationship builders or "ice breaker" ideas on the web, some with free downloadable docs, lists of questions, and other fun ideas.

The sky is the limit – don't be afraid to try something new!