

Change to Chill™ School Partnership

Peer Mentoring Guide



2018-2019 School Year

Why Peer Mentoring?

Change to Chill worked with a group of teens to learn about ways we can help make it easier to talk about teen mental well-being and provide tools that increase mindfulness and resiliency in a relaxed, real-life setting.

In this guide, you'll find tips for being a mentee and guidance for being a mentor. You'll also find conversation starters, ice breakers, games, meditations, videos and activities to help you build a culture of mental well-being in your school – whether you're a freshman, a senior or anything in between.

For Mentees: Tips and Advice

Change to Chill asked teens to talk about their experiences as a mentee and asked them to share what things they would've liked to know going into a peer mentoring program.

- **Help your mentor help you** – share what works best for you. This can include your learning style, whether you consider yourself an introvert or extrovert, what your likes and dislikes are and what you are interested in.
- **Be open-minded** – you might not have thought of the things your mentor shares with you or you might not agree. Come ready to listen and ask questions.
- **Be willing to learn** – no matter how old you are, or how much life experience you have, you always have something to learn.
- **Don't be afraid to ask questions or say you need some help** – your mentor is there to mentor and guide you. The definition of a mentor is “an experienced and trusted advisor”. If you have questions or need help your mentor can point you in the right direction or direct you to a trusted adult in the school.
- **Take notes** – there's nothing wrong with taking notes! If you are doing an activity you think would be helpful in the future or your mentor has shared something you find valuable, write it down.
- **Be open to share experiences** – having a mentor is all about sharing and learning. Challenge yourself to be open with your mentor and share what you are comfortable sharing with them.
- **Have fun – seriously, have some fun!** This is a great opportunity to get this inside scoop, learn about self-care and meet new people.



For Mentors: Tips and Advice

Change to Chill asked teens to talk about their experiences as a mentor and asked them to share what things they would've liked to know going into a peer mentoring program.

- **Listen, be attentive and be engaged** – be present with your mentee and give them your full attention. Let them know by your words and actions that you *want* to be there, that you are *happy* to be there and that you are *excited* to get to know them. Let them know you are committed to this.
- **Find common interests** – as you get to know your mentee, focus on the things you have in common with them. This will help both of you feel more comfortable as you work together.
- **Put yourself in their shoes** – do your best to remember how it felt to be new in high school. Even if something doesn't seem like a big deal to you now, remember that it might have felt stressful at a different time.
- **Create a safe space** – make it clear to your mentee that the things you talk about remain between the two of you. You are not there to judge – you are there to listen and engage in conversation and activities.
**However, if something comes up that you don't feel comfortable addressing, you can always talk to a trusted adult and they will connect with your mentee.*
- **Provide resources** – part of your role as mentor is to provide your mentee with resources. Along with the Change to Chill website and activities, make sure your mentee knows who the school counselors are and where to find them.
- **Share your experiences** – as you get to know your mentee, don't be afraid to share your own experiences. While you are guiding your mentee you can also insert your own experiences.



A decorative horizontal band with a repeating pattern of blue wavy, concentric lines.

For Mentors: Roadmap for Getting Started

The idea is to start by building a relationship with your mentee and getting to know them. The more you get to know them, the easier it is to dig a little deeper and talk about stress, resilience, and self-care and to do the Change to Chill activities together.

1. **Start small** – it can be awkward to try to get to know someone, especially when it comes to talking about mental well-being and self-care. So start with the small stuff. Gain your mentee’s trust by showing a genuine interest in them. Ask what shows they like to watch, if they play sports, if they have any hobbies, what their favorite subject is, etc. Once you both feel comfortable with each other it will be easier to have meaningful conversations around stress.
2. **Saying something about yourself** – another way to break the ice is to share things about yourself. Help your mentee get to know you at a level that is meaningful but that you also feel comfortable with.
3. **Share some insight about school** – give your mentee tips on what classes are great and not so great, what teachers are helpful to connect with, clubs or activity groups that might interest them and any other tips about school you would’ve like to have known earlier.
4. **Ask about friends** – if you feel comfortable, be open to sharing your experiences with social circles in high school. Has your friend group changed at all? Are there things about friendship you have learned along the way?
5. **What you do for homework breaks** – this topic is a great lead in to talking more about self-care. You could start by sharing things you do for breaks between homework and studying or things that you wish you did.
6. **Define stress related terms** – take some time to define stress related terms and have a conversation about how they apply or don’t apply in you and your mentee’s experiences.
 - [Stress](#): a state of mental or emotional strain or tension
 - [Anxiety](#): a general term that encompasses nervousness, fear, apprehension and worrying
 - [Self-care](#): the practice of taking action to preserve or improve one’s own overall health
 - [Resilience](#): the capacity to recover quickly from difficulties
 - [Mindfulness](#): a mental state achieved by focusing on one’s awareness on the present moment, while calmly acknowledging and accepting one’s thoughts, feelings and bodily sensations
 - [Meditation](#): focus one’s mind for a period of time

- [Guided Imagery](#): the use of words or sounds to evoke positive imagery with a view to bring about a positive effect
 - [Mindful Movement](#): unifying of the mind and body through movement
7. **Watch the [CTC intro video](#) together** – watch the video and spend some time browsing the website together. Then get started with an activity!

Change to Chill Activities

Here you'll find a wide array of discussion topics and activities from Change to Chill. The '+' indicates the activity can easily be done with a group.

- [Mindful Coloring Pages](#) – take a break and choose from 15 different mindful coloring pages!+
- Chill Games – break the ice and have some fun while applying tips for stressing less and self-care to real life! +
 - Chill Drill
 - Change it Up
- Submit a Chiller to the [Chiller Challenge](#) – either individually or as a pair, take an original picture of something that makes you smile or reminds you to take a break. Add a caption and submit to the Chiller Challenge!
- Post to [Chill Chat](#) – either individually or as a pair, respond to Dr. Herman's latest post on Chill Chat and take some time to discuss what other teens have posted.
- Talk about [stress](#) and stigma – discuss the basics on stress and watch the [Stress Test video](#), then talk about the different ways it affects different people. Then read about [stigma](#) and brainstorm some ways you can be a champion of stigma change in your school. +
- Take the [stress quiz](#) – take the stress quiz together! Not only will it help you pinpoint those specific things that stress you out, it will point you in the right direction towards tools that can help you manage your stress better.
- DIY activities – have some fun while letting go of stress! +
 - [Slime](#)
 - [Glitter Jar](#)
 - [Tranquil Tea](#)
 - [Bath Fizz](#)
 - [Balance Mobile](#)

- [Mindful Movement](#) – choose the “why” behind what you’re feeling (or not wanting to feel) today and use mindful movement to walk you through it. +
 - Anxiety
 - Sleep
 - Energy
 - Athletics
- [Change to Chill for Athletes](#) – are you or your mentee an athlete? Work through the three activities tailored specifically to teen athletes. +
- [Guided Imagery video](#) – learn about the basics of guided imagery. +
- [Head to Toe Relaxation](#) video – take a few moments to relax and unwind. +
- [Stress Management video](#) & discussion – watch the video and talk about which techniques you could incorporate into your life. +
- [Time Management video](#) & discussion – watch the video and discuss how you could apply these techniques in your life. +
- [Get Perspective](#) discussion – walk through each of the get perspective scenarios. +

Slime Instructions

Materials:

- ½ cup gel or white school glue
- Food coloring
- ½ cup warm water
- Sequins & glitter
- ½ cup hot water
- ½ tsp. Borax

Instructions:

1. Pour ½ cup of glue and ½ cup of warm water into a medium size bowl. Stir to combine. If you're adding food coloring, glitter, sequins, etc., now is the time!
2. In a separate, small bowl, mix ½ tsp. Borax with ½ cup hot water. Mix thoroughly, but it's OK if you still see some particles.
3. While stirring the glue mixture with one hand, slowly add the borax mixture and stir continuously. You will need to add the entire ½ cup of the borax mixture to the glue mixture.
4. Slime will begin to form right away. When it's well mixed, remove the slime from the bowl. It's likely you'll have some excess liquid once all the slime has formed.
5. Start kneading the mixture with your hands until it's no longer stringy.
6. To store for later use, tightly seal in plastic container with a lid or a plastic bag.



Mind-Glitter Jar

Materials:

Clear jar with screw-on lid (e.g. glass Mason jar or plastic jar)

Craft glitter (glitter intended for snow globes such as a “tinsel” glitter work the best)

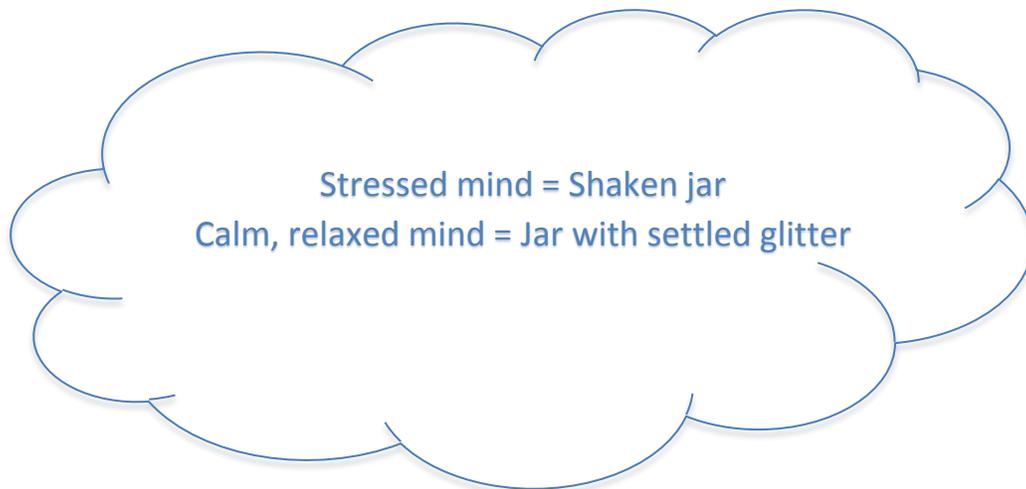
Measuring spoons

Water

Instructions:

1. Add ¼ teaspoon of glitter for every six ounces of water to clear jar. (Depending on the size of the jar, more glitter can be added.)
2. Add water to the jar, leaving a little air space towards the top. Tightly secure the cover on the jar.
3. Shake up the glitter jar to see a representation of how our minds might feel when we're stressed and/or anxious.

You can't see through the jar or think clearly because too many things are going on at once! When you practice deep breathing, guided imagery or other stress-reduction techniques, your mind will start to quiet and you will be able to think more clearly, similarly to when the glitter settling to the bottom of the jar.



Tranquil Tea Instructions

Materials:

½ cup chamomile

¼ cup lemongrass

¼ cup rose petals

Water

Glass jar (or any container with a lid)

Tea infuser or tea bag

Teapot or another method for boiling water

Your favorite mug

Instructions:

1. Add all of the herbs to your glass jar. Shake until they are well mixed.
2. Add 1 tbsp. of the mixture into a tea infuser.
3. Add 8 oz. of water into a teapot and bring to a boil.
4. Place the tea infuser into a mug and cover with boiling water. Let your tea steep for at least 5 minutes.
5. Optional: add a little raw honey or your favorite sweetener to help bring out the flavors.
6. Store in airtight container for future use.



Bath Fizz Instructions

Materials:

½ cup baking soda

Few drops soap coloring or food coloring (until desired color is reached)

¼ cup citric acid (most important ingredient!)

3 tsp. castor oil

¼ cup cornstarch 1 tbsp. essential oil

¼ cup epsom salt 1 tbsp. water

Mold (plastic holiday ornament, soap mold, half a tennis ball etc.)

Instructions:

4. In a medium size bowl, whisk dry ingredients together, and in a separate small bowl, mix wet ingredients.
5. Add the liquid to the dry mix, one spoonful at a time and whisk as you go. Pouring too much, too quickly will activate the solution! The mixture will start to clump together. Continue whisking until you have a thick, even consistency.
6. Pack your mold tightly and fully. Put both mold halves together. They should be filled to the brim so that they stay together once dried. If using a tennis ball, use a rubber band to fasten in place. If using a plastic ornament, apply pressure until it clicks shut. It's best to let it dry overnight, but if you'd like to use it right away place it in your fridge for half an hour.
7. Carefully remove it from the mold once it's completely dry.



Create a Balance Mobile

Materials:

Pencils or wooden rods (approximately 2-4 for each participant)
 Yarn (approximately 8-10 feet of yarn for whole project per participant)
 Construction paper (2-3 sheets for each participant)
 Hole punch
 Scissors
 Markers, pens, or crayons
 Paper clips
 Clear tape



Instructions:

1. To create the basic content of your mobile, cut construction paper into relatively similarly sized pieces. Make as many pieces as the number of values you identified on your [Values Circle Chart Worksheet](#).
2. On each piece of paper you cut, write one value from your worksheet.
3. Cut the same number of strings as you have pieces of paper. Make your strings all about the same length.
4. Punch a hole through each piece of paper and tie a string through each hole carefully, so as not to rip the paper. Use tape to reinforce the holes if necessary.
5. To create the base of the mobile tie together two or more pencils or rods in an X or star formation using the yarn. Make sure to wrap the yarn around the sticks enough times and firmly enough that the pencils or rods do not slip. You will need half as many rods or pencils as you have values. So if, for example, you identified six values, you need to tie together three rods/pencils. If you have an uneven number of values listed round up...so if you named seven values, use four pencils/rods.
6. To assemble the mobile, using the yarn tie one value to the end of one pencil/rod. Do this until all values are attached.
7. Take a look at your mobile. Is it balanced or not balanced in the way that your life is currently? Do all values get equal weight? Are you paying more attention to some things than others?
8. To make your mobile reflect the current state of your life, add paper clips to any of the values that are getting more attention than others right now. Add clips until the values (pieces of paper) hang in a way that reflects your current reality.

Mindful Movement

Mindful movement means slowing down. Being present in what we are doing at any one time. By practicing mindful movement we can slow down to hear or discover what we are thinking and feeling. We can then allow that pause to help us decide what to do with the feelings or thoughts.

Practicing mindful movement can help us in our everyday lives. There are movements that calm, movements that energize, movements that help with sleep, movements that ignite gratitude and movements that improve athletic performance. Depending on what kind of movement teens are interested in, go through the mindful movements below as a group.

Reduce Anxiety

- Eagle Pose - beneficial for quieting the mind and bringing the attention to the body.



- Legs Up The Wall Pose - a simple but effective anxiety-busting posture that calms the chatter in our minds.



- Fish Pose - can be used for fatigue and anxiety relief, as well as gentle back and shoulder stretching. Beginners may want to place a thickly-folded blanket beneath the head for neck support if they are experiencing any discomfort.



Calm

- Standing Forward Bend - forward bends are excellent for calming our nervous system, providing a release of the upper body and soothes the mind through gentle inversion.



- Balancing Poses - quiet the mind and cultivate focused awareness.

- Half Moon Pose



- Tree



- Airplane



Energize

- Childs Pose - stimulates your nervous system and helps reenergize your body.



- Warrior II – awakens and energizes the body and empowers strength.



- Chair Pose – awakens and energizes the body and empowers strength.



- Upright Cat & Cow – a seated version of the classic cat/cow move is designed to move energy through the spine, by activating through rocking the spine back and forth without putting pressure on it.



Sleep

- Easy Forward Bend – creates an overall sense of ease in the body while opening the hips.



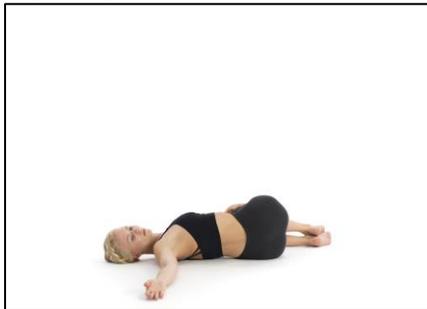
- Plow Pose – turning the blood flow around can bring the body a calming sense of vitality, great for sleep.



- Corpse Pose – gets the body into a relaxed state to focus the attention on the breath and calming.



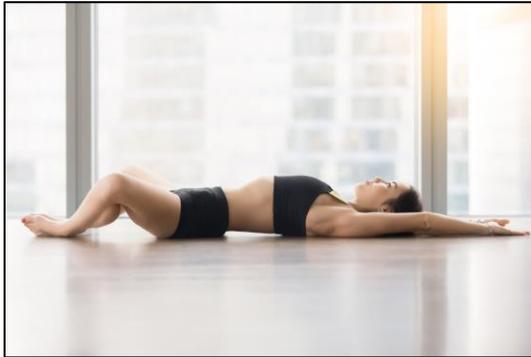
- Spinal Twists – gentle twists relieve tension through the spine to rinse out tension from the day.
 - Supine Spinal Twist



- Seated Spinal Twist



- Reclined Butterfly – helps the body get ready to rest and observe the breath. It can be helpful to place one hand on the heart and one hand on the belly to feel the rise and fall of each inhale and exhale.



Improve Athletic Performance

- Seated pigeon - improves mobility.



- Cobra – releases pressure in the spine.



- Dolphin - stretches the upper back and shoulders, hamstrings, calves and foot arches at the same time.



- Frog - improves strength of connective tissue around the ankles and knees, which makes it a great warm-up movement prior to lower-body exercises.



- Supported Backbends - they very lightly stretch tight spots, while giving athletes a chance for deep relaxation, which speeds up recovery.
 - Fish



- Bridge



- Reclined Big Toe - strengthens the knees and can target the IT band (a common tight spot in runners) and can relieve backaches and sciatic pain. Using a band/strap makes it accessible for everyone.



- Boat Pose – increases abdominal and hip flexor strength.



- Bow Pose – stretches the front of the body, improves posture and strengthens the back muscles.





What Can I Do When I'm Feeling Stressed?

We all know the feeling. You're nervous for a test. You're feeling overwhelmed because you have way too much on your plate at school and at home. You're stressed because there is drama with your friends. You're anticipating a big game or meet. These Change to Chill activities were suggested by teens as tools that can help you take a step back and relax a little.

- ✓ Watch or listen to a [Guided Imagery](#), [Relaxation](#), [Get Focused Meditation](#) or [Just Breathe Meditation](#) video
- ✓ Keep a [gratitude](#) journal
- ✓ Visit the Chill Zone in your high school before a test, game, tryout or presentation
- ✓ Play Chill Drill or Change It Up
- ✓ Take the [Stress Quiz](#) to narrow down where your stress is stemming from
- ✓ Other ideas: _____
- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____



Tips on Talking to Adults About Stress

Change to Chill asked teens about how they effectively talk to adults about stress and mental well-being. Here are some tips they shared.

- **Start with the small stuff** – get comfortable by talking about the small stuff first. Maybe it’s about your grades, a new movie or sports. Maybe you talk with the adult casually many times before you talk to them about what’s stressing you out. Maybe you feel comfortable doing it today. Regardless, warming up with the small stuff can ease any tension or nervousness.
- **Write it out** – if you’re not sure what you should say or you are nervous about talking to an adult, try writing it out first. This will give you an idea of what you’d like to convey and the confidence to do so.
- **Don’t be embarrassed** – each of us deals with our own “stuff”. The adult you’re talking to has their “stuff” too. You’re not alone and it’s healthy to share what you feel comfortable sharing.
- **Be receptive and open-minded** – no one says you’re going to like what the adult has to say or that you have to follow their recommendations. But keep an open mind and know that while what they say or suggest might be different, it could be helpful.
- Other ideas: _____
- _____
- _____
- _____
- _____
- _____

