



## Tips for being an effective SNAP mentor

- Be on time. Try to arrive 15 minutes before sessions begin. This gives you time to sign in, get your name tag and wait to be paired up with your "buddy".
- All new mentors will be paired with a more experienced mentor for at least 1 session or until you are comfortable.
- Once you are paired up, ask your buddy what they want to play. There will be a variety of equipment in the gym to choose from (soccer, basketball, hula hoops, bowling, yoga balls, etc). Free play/open gym will be about 20 minutes. Use positive language like: "you're so good at playing basketball" or " I like how you kicked the soccer ball ", "Thanks for being such a good friend", or "you're a rock star!"
- Use gestures like thumbs up or fist bumps.
- Next, we will exercise to music. This is led by a mentor, and is a group activity so please encourage your buddy to exercise along with you. Praise any and all efforts!
- Next, we will play with the giant parachute. Encourage your buddy to hold on to the parachute as we flap it around, bounce some balls on top of it, and make a fun tent.

- After the parachute, we will circle up, have water, and socialize. This is a good time to get to know your buddy. Tell him/her how great it is to have them at SNAP. Always sit with your buddy.
- Last, we will play the game "duck duck goose". This gives each participant a turn to walk around the group, tapping heads, saying "duck" to each person, until they choose a "goose" to chase them until they get back to their spot in the circle.
- Tell your buddy you hope they come back next week. Thank them for being your friend and for playing with you.
- Escort your buddy to the "Peace for Parents" room (across from the gym) or to where his/her parents are and say goodbye.
- Do not leave until your buddy is with his/her parents.
- Watch for a sign up link to be emailed to you on Thursdays. . If you have trouble signing up, you can always text 908-892-6771 that you want to sign up.
- If you signed up but can't make it, please cancel on the "sign up genius" or text 908-892-6771 you are unable to mentor. Please give as much notice as possible if you are canceling.

## Other important things.....

- No cell phone use please
- Safety first!!!! Don't allow students to do anything that might be dangerous. Kids are not allowed on the stage or the bleachers.
- ALWAYS know where your buddy is. Do not allow them to wander and if they do leave the activity, you must follow them.
- If your buddy needs to use the bathroom, tell them you want to go also! Respect their privacy by waiting outside the bathroom. Encourage hand washing after using the bathroom.
- When you're not sure what to say or do, check with Mrs. Strasser, another mentor and always exercise empathy.... Think about how the person would want to be treated!
- Please see Mrs. Strasser at any time if you have any questions/concerns.

*Always remember how mentoring can positively affect so many people!*

**For the individual with a disability,**

he/she:

- develops friendships
- feels included and welcomed
- learns social skills
- benefits from appropriate role models
- participates in activities with peers

**For the family:**

- relief that their child isn't alone so much
- the pride that their child is supervised and safe while exercising and playing sports
- a nice break for the family

**For the mentor:**

- a rich and rewarding, unforgettable experience
- an opportunity for important life lessons: patience, acceptance of others' differences, realizing how alike we really are, and lending a helping hand when needed
- the acknowledgement YOU are making a positive difference for someone else!!

**THANK YOU SO MUCH FOR BEING A SNAP MENTOR!!!**