

Letter to Natural High Mentor Relationships - Guide



CHECK LIST

- 30 - 45 min
- Paper
- Pens/pencils
- Or laptop with ability to send by email

ACTIVITY DESCRIPTION

Your students will get a chance to share their perception of what a positive mentor is for them.

THE STEPS

1. Review checklist.
2. Pass out supplies.
3. EXPLAIN THE ACTIVITY:
 - a. Who do you look up to and why?
 - b. Take a moment to describe what a good mentor should be like. How does a mentor encourage and support you? What can a mentor do to encourage you to live Natural High? What do you need to succeed?
 - c. We are going to send these letters to Natural High! Natural High wants to read your answers and educate mentors across the US to be for you in ways that help you succeed.
 - d. Why? Natural High encourage mentor relationships with students nationally and is identifying and arming mentors to develop powerful relationships with students like you.
 - e. You deserve a mentor in your life. Find someone you admire and ask them to mentor you. Trust me, they will be honored you asked!
 - f. Explain the importance or mentor relationships. Share a personal story with students to encourage them to find a mentor themselves?
4. Begin activity.
5. After reviewing student letters, please send letters to Natural High | 6310 Greenwich drive, Suite 145, San Diego, Ca 92122 | Email info@naturalhigh.org

The Outcome: This will encourage your students to think about the mentorship support they need, be encouraged to seek a mentor and help Natural High better understand what students need in a mentor to thrive!



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