

BEYOND ME

Mentor Handbook

Not too sure what to do when you meet up with your buddy? Looking for new activities to do when you and your buddy meet? We've compiled some experiences from execs, who have been mentors for several years now, on cool things to try out!



Janson Kappen (mentor since 2017):

“When I first started meeting Adam, I would go to a toy store, library, or day care beforehand and rent out or buy a board game to play! We initially played pretty simple games like snakes and ladders, and as he got older we moved on to more demanding games like Battleship. His mom is trying to curb his internet use, so when I'm there we try not to play games on his mom's phone.

Nowadays, before I meet Adam, I visit Dollarama. They have a lot of cheap toys and games there, which are less than three dollars and can easily fill up one to two hours of entertainment. We've made balloon animals, painted a solar system, played with lego blocks, carved soap, and excavated a toy dinosaur, to name a few; all of these activities were available at Dollarama! If you don't have the money to spend, please don't do this, but if you can afford to it's a great way to spend time with your buddy!”

Key Points: - Dollarama has many cheap toys and activities that can fill up hours of entertainment!

Tolga Ercan (mentor since 2018):

“Joseph has an infinite range of imagination! Sometimes we pretend we are two super soldiers and fight against zombies who are invading our planet, or that we are pro-skiers and slide with plastic bags, and sometimes we



just sing and dance as if we were playing in a musical.

It's my second year with the fella, and I'm taking him to school, walking him to his house together, and doing his daily readings (for Thursday's). He likes to act out what we read. It is both very fun to play his books out, such as "The Lion King" or "Finding Nemo," and it is very helpful for him to learn the content in the books!

Since winter is coming, we try to stick to playing games indoors. We like to create our own tools with some colorful papers and anything we find worth using. We also create our own sports parkour with the chairs and furniture in the house if we are going to play a sports game. Sometimes I just become his hoop to play basketball and vice versa. Even running around and playing tag in the house until we are very tired is really fun."

Key Points: - Games or activities that might seem "simple" can be really enjoyable and can pass the time pretty quick. Pretend play, acting out books or movies, or playing some novel sports games can be some activities you can do with your buddy!



Victoria Carenso (mentor since 2017):

"When I started meeting with my buddy, it wasn't easy to find my way with him. He has strong habits and even though he is very open to meet new people, he still has a hard time trusting and feeling good with a new person. At first we only did things he was used to: memory card game, throwing balls, frisbee, construction, etc. I let him show me what he wanted to do, and the way he did it. As he got more comfortable with me, I tried to introduce new things in these activities. Adding a new way to position the cards, setting rules to ball games, make him put his shoes on without my help before going out to

play - anything that would make him go out of his comfort zone and help him gain autonomy and social interaction skills! I would have a reward for him once he accomplishes the new task; these rewards were playing his favorite game, or looking at the pictures of his family, etc.

Now, I am able to introduce new simple games very fast. For example, we spent a lot of time with soap bubbles; they were initially very hard for him to blow! So we spent a lot of time working on this skill. We also spent time drawing, and he would listen to stories that I read. These activities might seem very simple, but if you have a buddy who has strong habits, these small things can help him progress a lot in expanding his skills!"

Key Points: - If you have a buddy with similar traits, what I would recommend is to get to know them, be patient, play the games they want to do and slowly introduce new things like drawing, reading books, or blowing bubbles!

Lianne Simon (mentor since 2017):

“When I first met up with my buddy, his mom told me that she would love it if we tried to spend a lot of time outside and ever since then that’s pretty much what we’ve done. We really enjoy going on walks around the neighborhood or going to nearby parks and playgrounds. Sometimes he’ll take a soccer ball or something else to play with outside too. It’s really nice to just spend time outside, especially when the weather is nice (but we’ll go out and enjoy the snow too!). When we can’t go outside because it’s raining, I’ve brought over some cards and we’ll play some card games. Another thing that I’ve done before is brought over some craft items that I picked up at the dollar store so that we would have something fun to do on those rainy days.



Another thing we’ve done is visit nearby stores where he can pick out a small toy or snack. However, we’ve also gone out to other places too. For example, I took him to the Biodome one weekend to see all the animals. I even brought along some of my roommates because he had shown interest in meeting them and we all had lots of fun together.”

Key Points: - My buddy is a bit older and likes to keep me up-to-date with everything going on with school, friends, etc. Simple activities like walking around the neighbourhood, visiting playgrounds or nearby stores for snacks, or going to the Biodome, are great and easy things to do!