



**"I Feel Good" Collage
(Appropriate for Grades K-8)**

Goal: To help your mentee identify and express his interests and feelings.

Materials: Markers and posterboard or large paper.

What to Do:

- Cut and paste onto large posterboard or paper, pictures from magazines or souvenirs from activities that make your mentee feel good. Include words from magazines and personal drawings or photographs that express how your mentee feels when he feels good.
- This activity may be done in one sitting, or it may be worked on over time as your mentee learns more about his interests, feelings and accomplishments.

Source: The Baltimore Mentoring Institute - "The Two of Us - A Handbook for Mentors"

