

POWER LUNCH ACTIVITIES FOR JANUARY

New Year, New Reading Adventures

New possibilities, new joys, and new stories to discover together! Try these activities to launch the new year:

Resolve to Read

With New Year's resolutions a current topic of discussion, find some time in January to revisit the goals you and your student set at the beginning of the school year. Goal setting is important for your student as it provides a sense of purpose that can improve confidence and build self-esteem. Didn't set any goals with your student yet? January is a great time to ask your school coordinator for a [copy of the Goals handout](#) and get started!

Thank a Mentor

National Mentoring Month is a great time to thank people who made a difference in your life, and help your student better understand how mentoring is a form of helping others. Share with your student who mentored or mentors you and brainstorm with your student examples of mentoring happening in their school as well as in their community. (You can also talk about examples of mentoring from books: Charlotte and Wilber from *Charlotte's Web* or Dumbledore and Harry Potter.) Then use the **Thank a Mentor handout** in the next pages so that each of you can write a thank you to the mentor or mentors in your lives.

Make Music Together

To celebrate National Mentoring Month, and encourage deeper thinking about the meaning of song lyrics, together write new lyrics to a favorite song about your mentoring relationship! Use the **Make Music Together handout** in the next pages to help you come up with a new verse or chorus to a familiar tune.

Words in Service

Martin Luther King, Jr. Day celebrates the life and civil rights work of Dr. King. The special holiday is officially recognized as a National Day of Service where volunteers across the country work together to make a difference in their communities. Look for the Power Lunch display of books related to Martin Luther King, Jr. Day or check for these titles about Dr. King, books about ordinary people who stand up for what's right, and stories about helping others in your local library:

City Green by DyAnne DiSalvo-Ryan

Freedom on the Menu: The Greensboro Sit-Ins by Carole Boston Weatherford

Happy Birthday Martin Luther King by Jean Marzollo

March by John Lewis

Martin's Big Words: The Life of Dr. Martin Luther King, Jr. by Doreen Rappoport

Martin Luther King Jr. Day by Margaret McNamara

New Shoes by Susan Lynn Meyer

Shaking Things Up: 14 Young Women Who Changed the World by Susan Hood

The Youngest Marcher: The Story of Audrey Faye Hendricks, a Young Civil Rights Activist by Cynthia Levinson

Days on the January Calendar to Explore:

[National Mentoring Month](#)

The Mentor's Field Guide by Gail Manza and Susan K. Patrick

- January 4 I Am a Mentor Day
- A day for volunteer mentors to celebrate their role and reflect on the ways mentees have enhanced their world.
- January 21 [Dr. Martin Luther King, Jr. Day of Service](#)
- January 31 #ThankYourMentor Day
- Anyone with real life mentoring experiences can thank those who helped them.



MY MENTOR...

#THANKYOURMENTOR





Make Music Together

Like books, songs are filled with stories, ideas, and emotions. Talk together about songs you like and the stories they tell. Then, think about the stories you have to tell about your time together at Power Lunch and put them to music!

To write lyrics about your mentoring relationship, brainstorm together and list three things about your relationship. It could be what you like about your time together, what is unique about your time together, the books you share and like or don't like, things you've learned about each other and the world, things that are the same/different about who you are, etc.

1.

2.

3.

Next, think and talk about how these things tell a story about what you mean to each other. The story you want to tell about your relationship and your time together becomes your song lyrics! **Use the back of this sheet to draft the words to your song.** This can be challenging, so you may want to create just one verse or a fabulous chorus.

To generate a melody for your song, you may just want to try to sing the words and see what comes out! If you need help framing a tune or finding a beat, borrow or modify a nursery rhyme or favorite song. When you have a song, share it with your school coordinator, on paper or perform it! We'd love to make a video of your duet.

