

DREAM DRAWING

Objective:	Encourage students to envision their ideal peer mentoring relationships.		
Time:	30-40 minutes	How Many:	10-30 students
		Middle & High School	
Materials:	<i>Drawing paper, markers, crayons, etc</i>		

Enroll: - How many of you dreamed last night? Any nightmares?

Do/Experience: Visualization: Give the following instructions

- Please get comfortable and close your eyes when I count to 3. Is everyone ready? Okay, 1...2...3...Close your eyes.
- Think about your future mentee and imagine the worst that could happen. What would that relationship be like? What would you be doing, thinking, feeling, saying, etc? What would your mentee be doing, thinking, and feeling?
- Open your eyes and draw your "nightmare" for 5 minutes.
- Again, close your eyes and think about your future mentee and imagine the best that could happen. What would that relationship be like? What would you be doing, thinking, feeling, saying, etc?
- What would your mentee be doing, thinking, and feeling?
- Open your eyes and draw your "dream" for 5 minutes.
- As a group, share your dreams and nightmares.

Process:

- What did you notice about our dreams and nightmares as a group?
- What were some of the common themes? Write these down.

Label:

- This is another way to look at our goals and our fears.
- Realizing our dreams/goals gives us a direction to aim for. Identifying our nightmares helps us understand our fears and prepare to challenge them.
- Future activities will help us overcome our fears and accomplish our goals.

Demonstrate:

- Get in pairs or triads.
- Looking at the list of common themes for dreams and nightmares, have each group pick at least one dream and one nightmare.
- As a small group, brainstorm answers to these questions:
 - Dreams
 - What specific things can this group do to make this dream happen?
 - What specific things can an individual peer mentor do to make this dream happen?
 - Nightmares
 - What specific things can this group do to prevent this nightmare?
 - What specific things can an individual peer mentor do to prevent this nightmare?
- How could you use this activity with your mentee?

- What would you do differently? (one possible adaptation is written up in curriculum)

Review:

- How can dreams and night mares help guide us?

Celebrate:

- Put the drawing in peer mentor folders where you can always see your dream.
- If you don't have folders, store them for use later in the semester.