

MONTHLY



UPDATE

A Note from Our Team

Our usual note of well wishes comes with new meaning this month. We hope your friends and family are safe and healthy throughout this COVID-19 situation. Thank you to everyone who is working to support our city in their jobs, volunteer services, supporting local businesses, and staying at home when able. Intentional Mentoring launched into some new "firsts" this last month as well. Please read for some updates on what this looks like for Intentional Mentoring as we continue to partner with students and families during this time.

Covid Creativity: Staying Connected in Isolation

Over the last couple weeks, our lives have abruptly changed, and we're all trying to find ways to feel normal. Whether it's video conferencing, embracing new routines, or realizing an immense appreciation for toilet paper, we're all finding creative ways to cope with our current situation.

Similarly, our students are going through a lot right now as they process what's going on. Many of us adults may have found ourselves feeling confused or uncertain at times. Kids are no different. They see the news and may not know what to do, what to think, or how to feel. Kids can also have a harder time naming their feelings. They may be worried about layoffs happening at home or a parent who works in healthcare. There's a lot going on in their heads. During times when they're going through uncertainty but are attending school, students have even more resources, structure, and routine; without that, they're figuring out

how to cope with all of this in a very different way.

Along with their regular education, schools give students an opportunity to thrive socially, to have consistent routines, and to connect with others outside of the classroom. For many students, school is where they get their interaction, their connection. Adolescents and teens crave time with their friends and look forward to seeing them each day. Students also rely on school for structure -- the daily routine, the lessons they learn, the activities they like. These routines extend to meal time as students consistently have breakfast, lunch, and even a snack at regular, predictable times and places. After-school programs and activities also provide consistent opportunities for students to enjoy more time with their peers and make connections with trusted adults, and right now, their hangout places are not the same

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Shout-out

To everyone finding
NEW WAYS
to relationally
CONNECT
to our community
from a physical distance.



Food for Thought

Thinking of the people
in your life who will
benefit when
YOU TAKE CARE
OF YOURSELF
can be an even more
POWERFUL MOTIVE
than considering your
own health.

[Click for more info!](#)



Online

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either. Because of this, we all need to get creative with the ways in which we make connections during this time that requires isolation.

Here at Intentional Mentoring, we're taking this opportunity to stay connected and stay moving in the midst of all of this. Intentional Mentoring has always been about relationships and connection. These times are no different. We are so grateful to work with so many great mentors who are diving in and using creative approaches to connect with their mentees from a distance. Families have expressed their appreciation that our mentors are still reaching out to their kids. Maintaining connection is still possible, and it's growing. We are also working on increasing our number of connections through new pairings, working digitally for now so that we can find the right fit for students and mentors.

As this unique situation offers us the opportunity to strengthen our connections in different ways, let's continue to be open and to grow throughout this process. Maybe something you're trying now will be a method that you continue in the future even after all of this is over! While we may be physically distancing for a

while, we want our social natures to stay connected. Relationships are important, and we're still here, still mentoring, still together while apart.

If you or someone you know is interested in mentoring, connect with us via email! See the "Contact Us" section below.

If you're doing something to creatively connect during this time, we'd love to connect with you, too! Tag us on Instagram #intentionalmentoringmadison or Twitter @intentmentoring.

Ideas for Creative Connection

- 1- Play 20 Questions over text or Face Time.
- 2- Make a plan to share videos of what you're doing to fill the time.
- 3- Do a Question-a-Day Challenge. You each ask one and answer one.
- 4- Go for a walk at the same time and Face Time each other while being outside.
- 5- Play online games together.
- 6- Watch a show together and text or chat about it as you watch.
- 7- Send letters! We may be stuck at home for a while. Bring back snail mail!

Interested in getting involved with Intentional Mentoring but not sure you have the skill set or the available time for coaching/mentorship? We still value your contributions! Consider monthly community outreach or helping to organize one of our events. Have questions about what help Intentional Mentoring could use or other ideas for ways you think you could help? Email us at katiemae@intentionalmentoringmadison.org.

Contact Us

Our Mission Statement

With guidance from coaches, mentors interact with school staff, community members, and families in order to strengthen the support network for students facing adversity.



Upcoming Events

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Calendar**

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