



Dinner Party!

Objective: Students will reflect on the people who have had a meaningful influence on their lives and examine how those relationships shape who they are becoming

Essential Questions: How am I spending my time each day? Am I making time for the people who matter most?

Materials: Paper or paper plate for every participant, markers/pens

Introduction: (5 min) *"Hello everyone! We are so excited that you are with us today. We are going to be planning a very special dinner that people will be talking about all year! As we think about getting ready for our dinner there are a few things we need to do. One is to make time in our busy lives and most importantly who will we invite."*

Each Mentor share: Your name, how you spend your time, and how are you balancing everything? Or share who is someone you would like to invite to the Big dinner. (Remember your enthusiasm is contagious! You want to build excitement and help the class get to know each of you.)

Transition: (1 min) *"Now that you've had a chance to hear a little about us we want to hear from you so let's start constructing our night. We are going to break into teams of 5-6 and begin our planning process."*

Activity 1: What's on my plate (5 min)

For the first activity we need to make sure we have time to plan our party. Instruct everyone to take a minute and write down all the things that are on their plate. Mentors, make sure to share a few of your things on your plate with the group (i.e. I have a dance class after school 3 days a week, track, and have to babysit 5 nights a week plus I have chores!). Then partner up and share out. Ask for volunteers to share 2-3 things on their plate or things they have in common.

Next, take a few minutes and think about one thing that they can take off of their plate.

Give an example: "For me I spend at least an hour or two a day watching Netflix. I am going to save it for the weekend until I have more time." After about a minute, partner back up with the same person to brainstorm two strategies on how to be more effective with their time.

Activity 2: Who's Coming? (13 min)

Now that there is less on our plate the next step is to create a guest list. Instruct everyone to close their eyes and think about the people that have influenced, inspired, or motivated them to become a better version of themselves. The people they admire...their Heroes! These people



could be real or fictional, alive or passed, from their childhood or present. For your dinner party, you can invite 3 people that come to your heart. Who would you invite? Open your eyes!

Instruct everyone to grab their plate and flip it over. Around the outside of the plate, write down the 3 peoples names. Under their name write down the characteristics you admire in them the most. Also write one question you want to ask each one of your guests. Have everyone share 2 of their heroes with their group and include why they chose them. What about them makes them so special and if comfortable, share what question they want answered.

Debrief: (3 min)

“Did you know, to recognize these qualities in others... means that we have them within us as well! As a parting gift, your guests would like to mentor you in the top 3 qualities you would like to grow within yourself.” What 3 qualities would you like to build within yourself? Write down these qualities then find a new partner to share these qualities with.

1. How do our heroes traits become traits of our own?
2. What can you do to work towards these traits/qualities?
3. Are these sometimes already hidden inside of us?

Closing: (2 min)

“Thank you for planning this dinner party with us. It is important we stop and recognize how lucky we are to have so many mentors in our lives. Developing these qualities will close the gap between the current you and the ‘Hero’ you. Let us know how we can help in any way.”