

101 Activity Ideas for AFK Mentors & Buddies

1. PLAY a CARD game: Go Fish, War, Speed, Uno
2. Domino Effect: Set up rows and watch them fall or play the game
3. Make an inside fort with blankets and cushions (clean up before the visit ends)
4. Bake some cookies or brownies
5. Burn a mentor/mentee CD (appropriate language) Make two copies.
6. Make a movie
7. Make PUPPETS & Practice a PUPPET show
8. Visit a toy store. (Tell buddy ahead: no purchases)
9. Visit a Pet store
10. PLAY hide and seek
11. PLAY "Simon Says" using words like crawl, jump, hop, run, wiggle, slither, roll
12. Write each other letters or notes in code (maybe you two design the code?)
13. Swing, spin at a playground. Spin, standing in a rain puddle.
14. PLAY Pick-up sticks, marbles or jacks
15. Make paper dolls and play with them
16. Finger paint or watercolor
17. Wash the car, or bike, or dog
18. Clean a closet
19. ROLL DOWN a hill and climb back up. (Watch for signs of dizziness, nausea, disorientation)
20. PLAY a board game
21. BUILD a model together
22. Attend your buddy's concert or performance and go out for a treat afterward
23. Have a paper airplane contest
24. Invent a special handshake
25. PLAY paper football on a table
26. Write and illustrate a book or comic strip together
27. Find and work on a craft together
28. Throw or kick a ball around together
29. Visit the library or a bookstore
30. Go on a treasure or scavenger hunt,
eg, Use an alphabet theme: find something that begins with an "a" and then a "b".

31. Write a song together AND Practice, Practice
32. COLOR in a coloring book together. You may want to use large or special crayons if your buddy has fine motor issues. Work on a cross word puzzle or a dot-to-dot
33. Make a simple month long workout schedule together and then encourage each other at weekly meetings. Do something special if you meet your goal at the end of the month.
34. Make a time capsule. Use souvenirs of the activities you do together, include current events and notes about each other's successes
35. Take a train ride in Snoqualmie or Elbe or . . .
36. Take a hike
37. Build an obstacle course in the backyard and time each other
38. Play hopscotch or two square
39. Arrange to meet your buddy for lunch at his/her school
40. Go somewhere special for a picnic
41. Make a spider web in his/her room with kite string or yarn. Wrap around doorknobs, bed legs, anything sturdy. Climb through and navigate around. Cut your way out to clean up.
42. Build something with Legos or blocks or . . .
43. Work on a puzzle together
44. Play putt-putt or miniature golf. Don't want to travel? Make a backyard course
45. Visit a zoo, farm or aquarium
46. Go horse-back riding
47. Read the same book and then talk about it
48. Build a rocket together. Launch it
49. Play with a balloon : volleyball, or baseball or just keep it off the ground
50. Play 20 questions
51. Visit a music store
52. Make a simple dinner or dessert for your buddy's family
53. Take two drawing pads somewhere and sketch the same thing. Compare drawings
54. Choreograph a dance to a favorite song
55. Find a huge piece of cardboard or a large box and make something out of it
56. Go to his/her sporting event and then get a treat
57. Go on a date with another mentor pair
58. Visit the hands-on section in a museum

59. Go fishing at a trout pond
60. Go swimming
61. Go bowling
62. Take two cameras somewhere and take pictures. Make a digital album
63. Give each other makeovers or manicures/pedicures
64. Take the dog for a walk or try to teach it some tricks
65. If your buddy likes sports watch a bowl or championship game together
66. Go on a bike ride
67. Go to a pottery painting store and paint a treasure plate, cup etc.
68. Start a collection of something, eg. cool rocks, pressed flowers you find on your walks
69. Skip rocks on a lake or river. Use a log or stick in the water as target practice
70. Do a science experiment together, eg. make a volcano, grow crystals, etc.
71. Visit Triple X root beer and see a car show
72. Go snowboarding or skiing with your buddy's family
73. Go boating with your buddy's family
74. Draw a masterpiece with sidewalk chalk
75. Trace each other's outline on a large piece of newsprint and then illustrate
76. Invite your buddy over for dinner with your family

Seasonal Activities

77. Attend salmon days
78. Visit a salmon hatchery
79. Attend the sammamish Art fair or a local craft fair
80. Rake and then play in the fall leaves
81. Visit a farmer's market
82. Go to an outdoor movie in a park
83. Go to the beach
84. Participate in a children's parade Decorate bikes
85. Build a fort in the woods
86. Make a Mother's Day or Father's Day gift or card
87. Go to a driving range and hit golf balls
88. Go ice skating
89. Visit holiday light exhibits

90. Carve or Decorate Pumpkins
91. Visit a hay maze and/or Pumpkin Patch
92. Plant seeds and watch them grow
93. Play in the snow
94. Make a family holiday recipe
95. Have a candy cane hunt like an Easter egg hunt but with wrapped candy canes
96. Do a service project together eg. sort clothes at Baby Corner, plant plants for King County or the city
97. Attend a fundraiser for an organization that works with your buddy's Disability like a 5k walk
98. Make valentines or help your buddy prepare their class valentines
99. Go to an airshow
100. Visit as many different parks as you can during a summer
101. Make masks out of paper plates or buy some craft masks and decorate