

APPENDIX G: Sample Elevating Notebook

*Developing a relationship and getting to know someone else takes time. The Education Elevators notebook is intended to provide you with some ideas of documenting your progress as you build your mentor/mentee relationship through creative and age appropriate activities. Feel free to copy the following SAMPLE pages, or develop your own. The notebook is not required, however it can be a record of your time together.*

Education Elevators Notebook

## Getting to Know You Questions

HELLO  
my name is

What is your favorite color?

What is your favorite TV Show? Or movie?

If you could have any superpower, what would it be?

What is your favorite sport to play? To watch?

If you could travel anywhere in the world, where would you go?

What do you do for fun?

What is one skill you would like to learn (ex. Cook, draw, play an instrument) or something you would like to get better at?

What is one activity you would like to do with your Elevator in the next few months?

What kind of music do you like?

Why did you want to have an Elevator?



(Draw a picture of yourself and something you love to do)

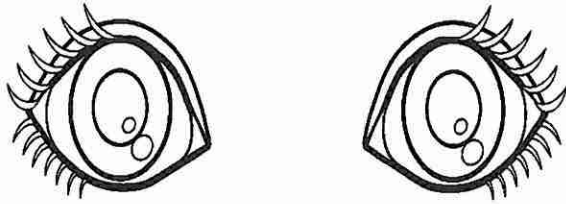




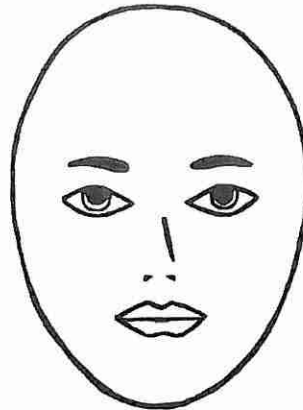
Name (write in your favorite color)

## ALL ABOUT ME!

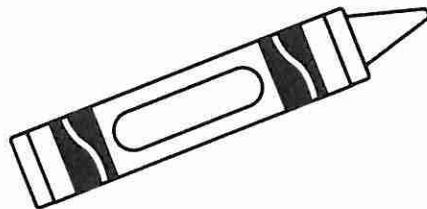
My eyes are.....



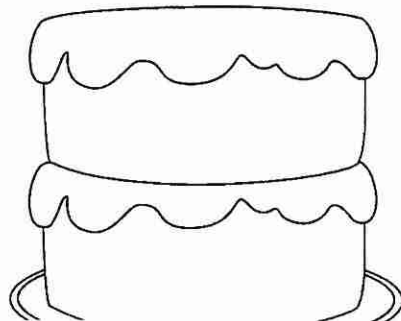
My hair is....



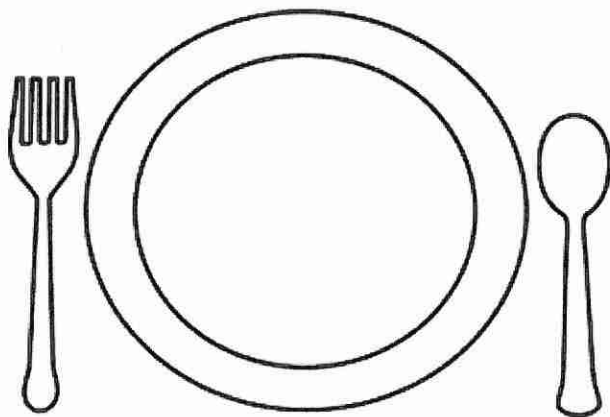
My favorite color is.....



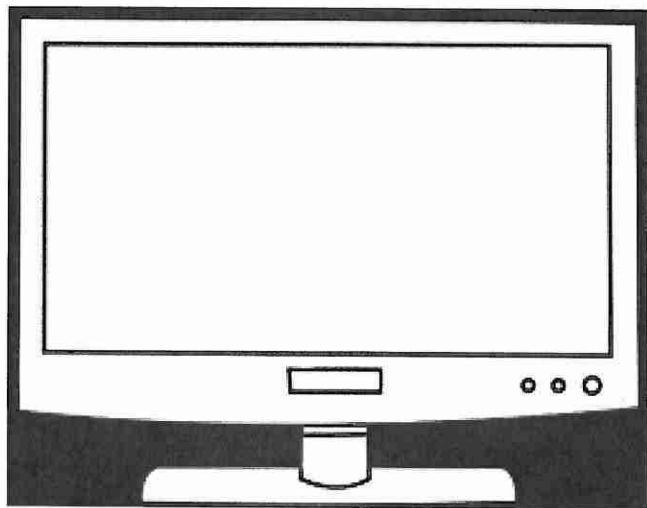
I am \_\_\_\_\_ years old...



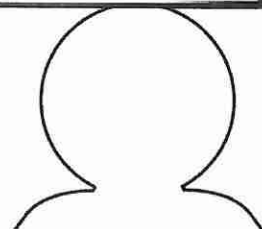
What is your favorite food? Draw on plate:



Do you have a favorite movie/TV show?



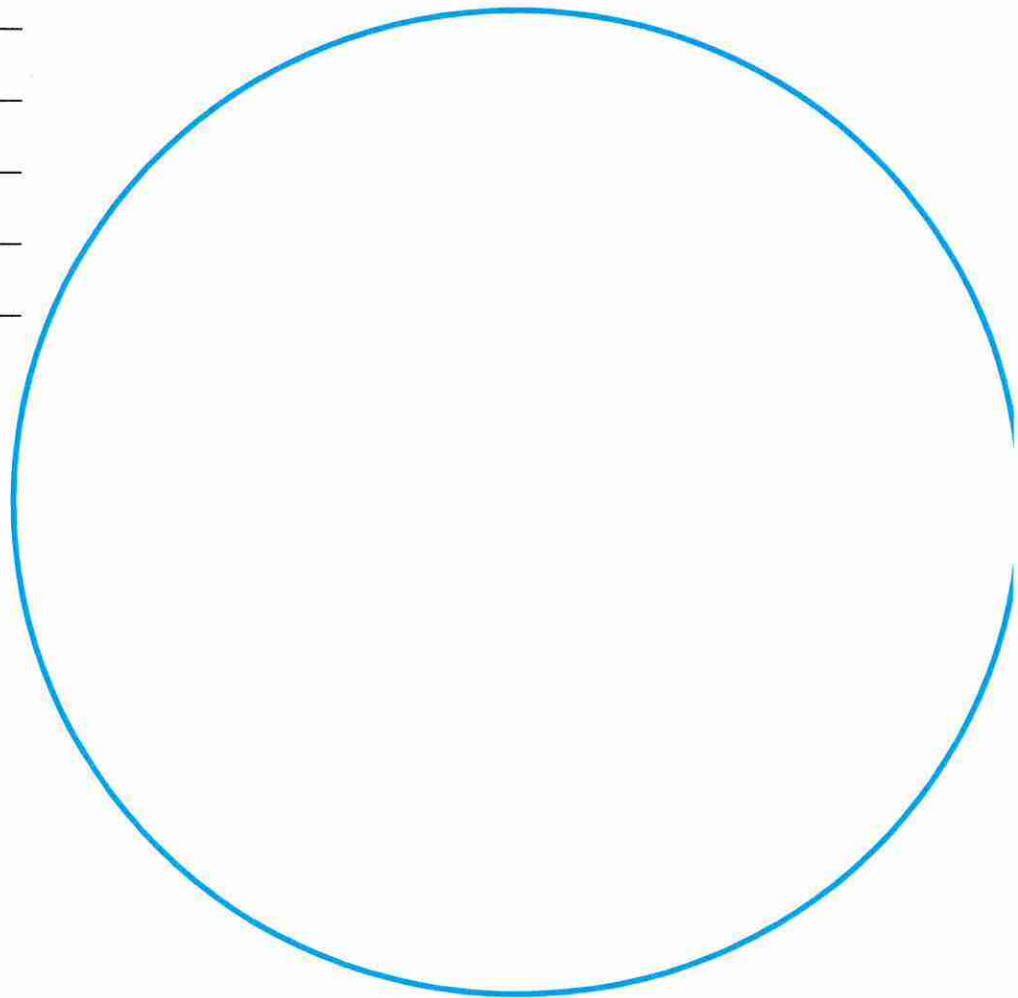
What do you want to be when you grow up?



Write 5 adjectives to describe yourself:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Draw a self-portrait using the 5 adjectives



# FAMILY!

Draw a picture of your family:

What does "family" mean to you?

FAMILY Poem:

F \_\_\_\_\_

A \_\_\_\_\_

M \_\_\_\_\_

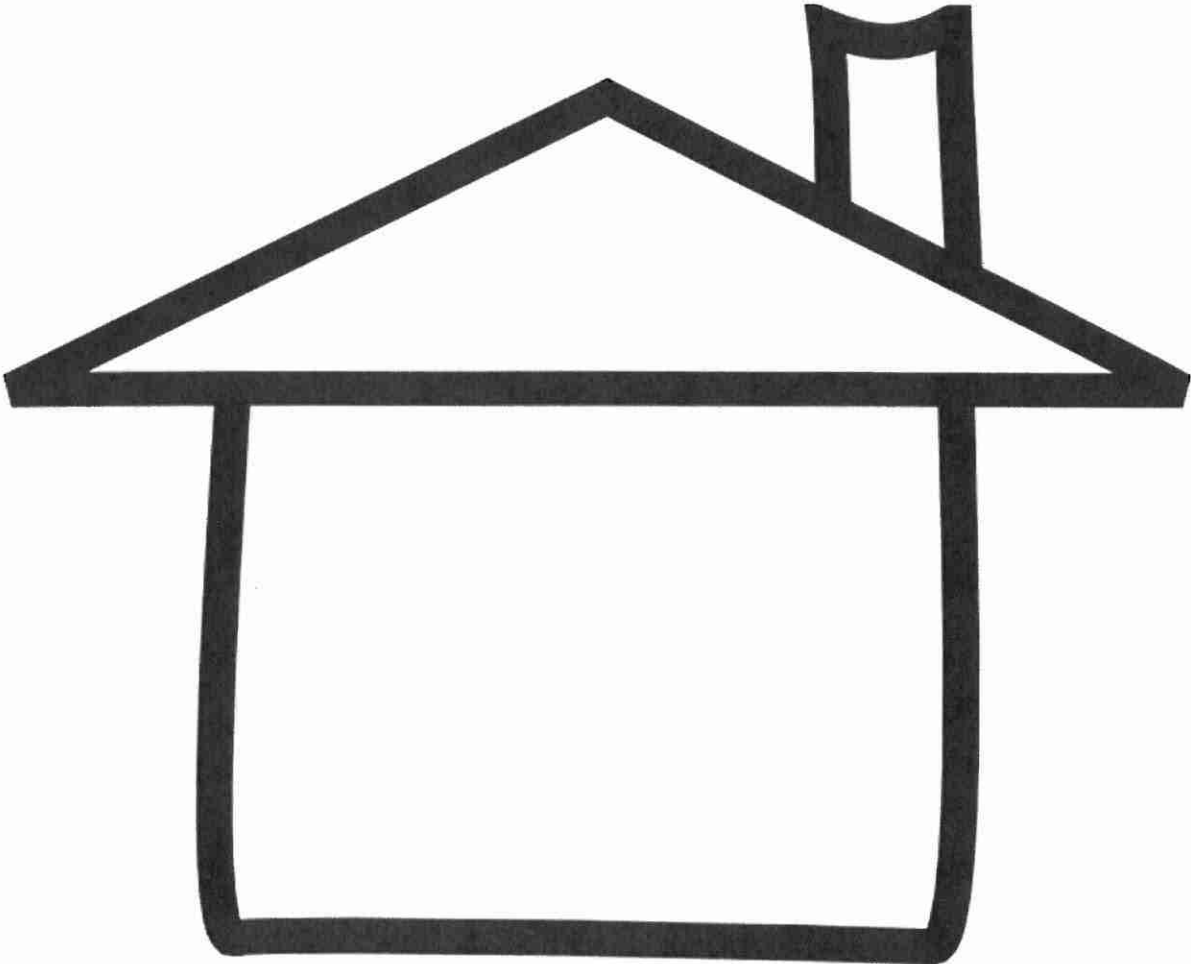
I \_\_\_\_\_

L \_\_\_\_\_

Y \_\_\_\_\_



Who do you live with?



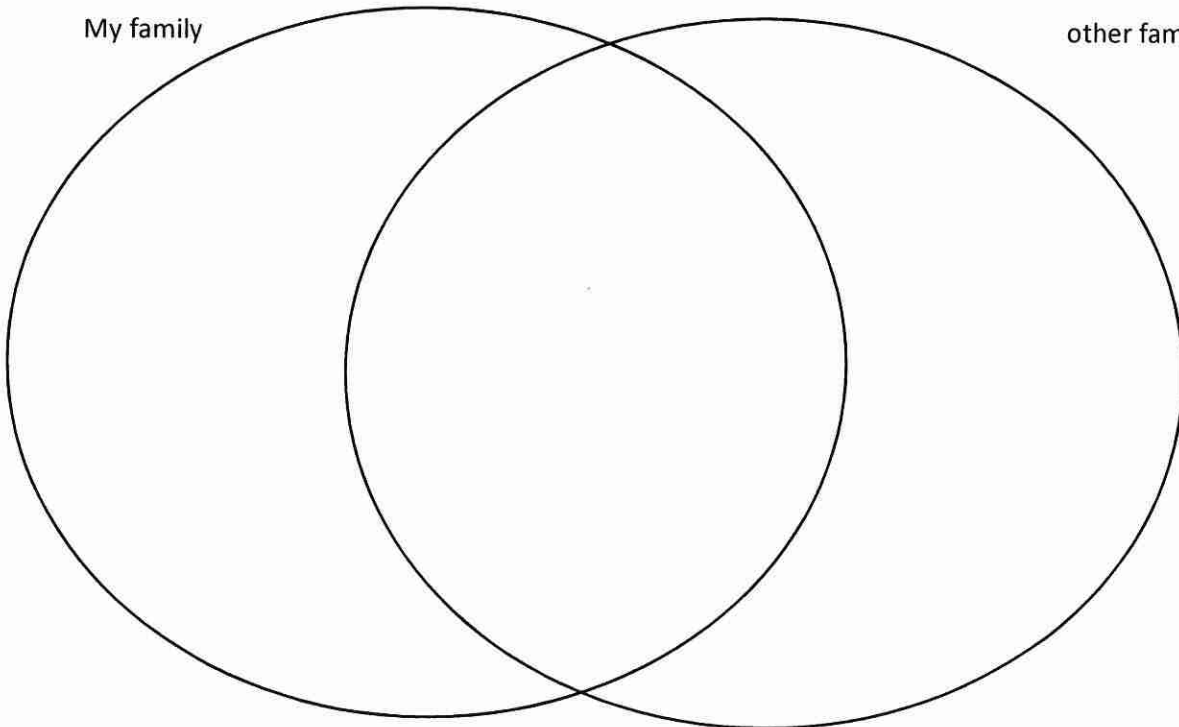
Do you have any siblings?

Name	Age	Favorite thing about them

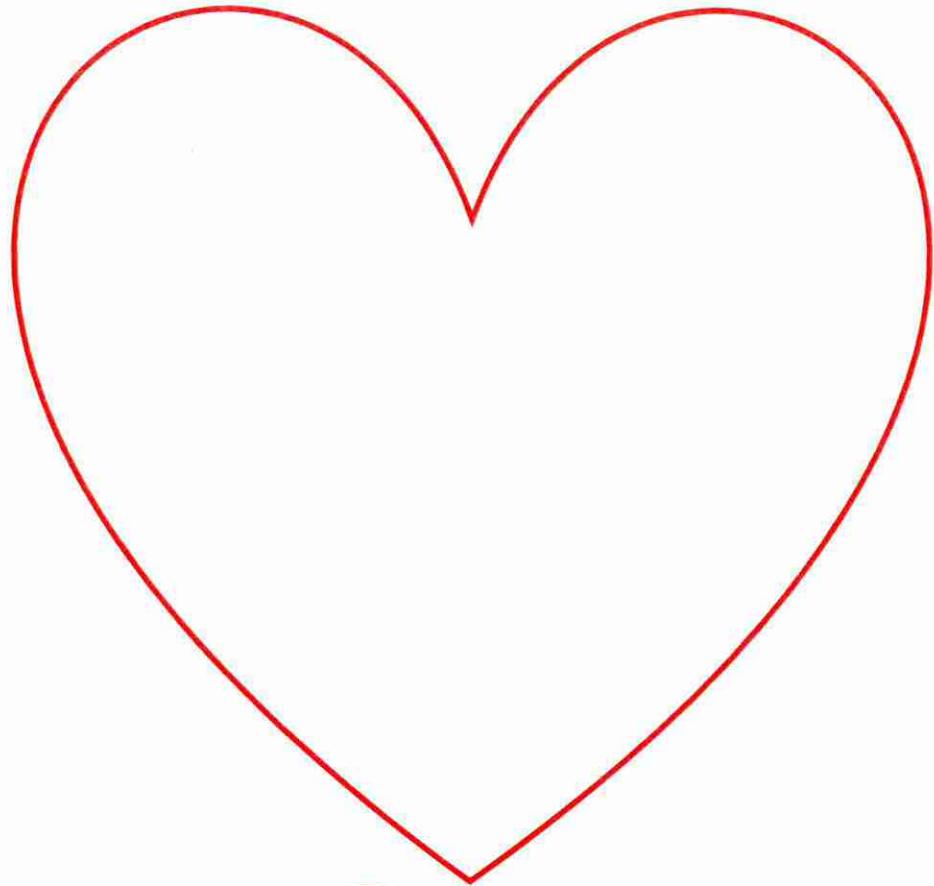
How are families different/the same?

My family

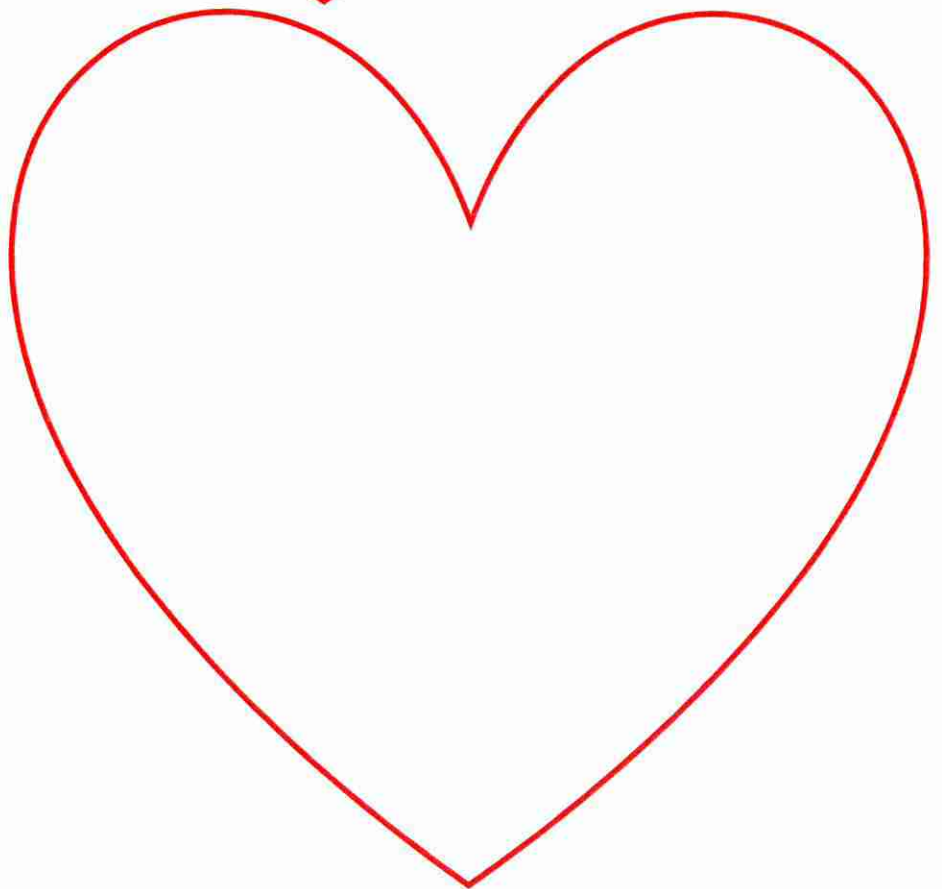
other families



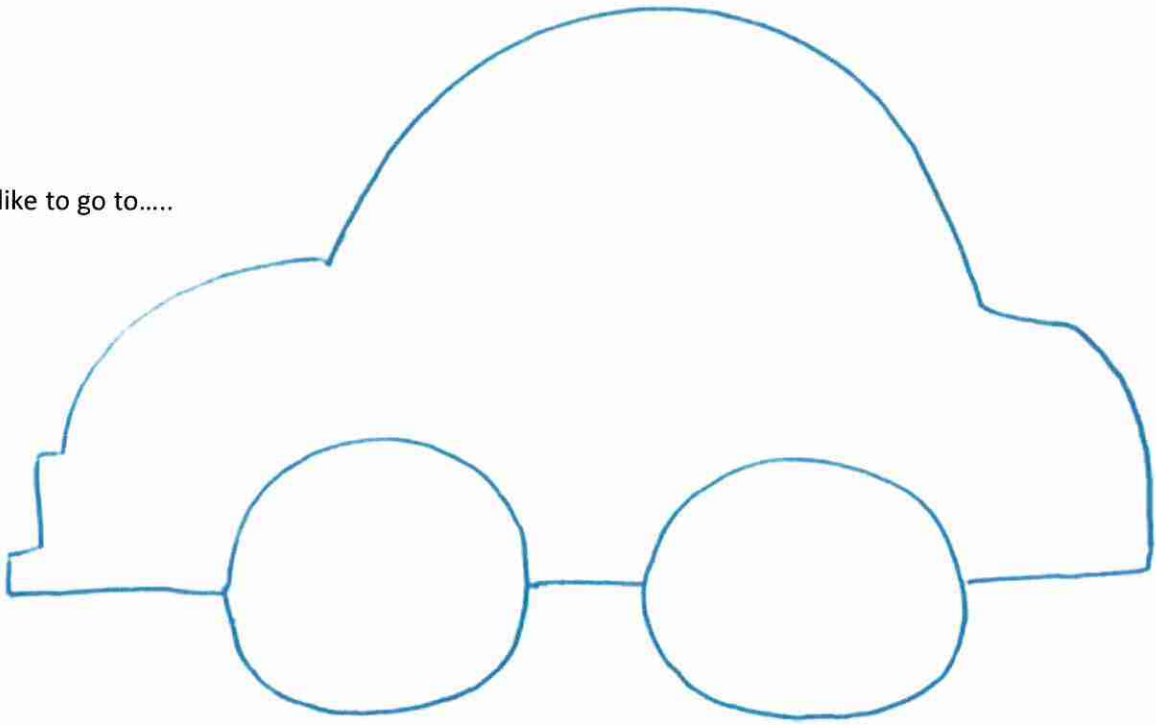
I help at home by.....



How my family helps me...



We like to go to.....



Things my family needs...

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How my family gets the things we need:

A large green rectangular box with a folded corner at the bottom right, intended for writing. The box is empty and has a thin green border. The folded corner is shaded grey.

# FRIENDSHIP

Who is your best friend?

What does it mean to be a good friend?

Explain how sometimes it is hard to be a good friend.

What are some character traits of a good friend?



Finish the dialogue, what would you say or do to a friend in these situations?

WHAT COMES NEXT?

Friend: My birthday is tomorrow.

You: \_\_\_\_\_

WHAT COMES NEXT?

Friend: My family just got a dog!

You: \_\_\_\_\_

WHAT COMES NEXT?

Friend: I'm nervous about the spelling test today.

You: \_\_\_\_\_

WHAT COMES NEXT?

Friend: I got a good grade!

You: \_\_\_\_\_

WHAT COMES NEXT?

Friend: Your shoes are really cool!

You: \_\_\_\_\_

WHAT COMES NEXT?

Friend: What's your favorite game?

You: \_\_\_\_\_

WHAT COMES NEXT?

Friend: It's nice to meet you!

You: \_\_\_\_\_

WHAT COMES NEXT?

Friend: I really like pizza!

You: \_\_\_\_\_

WHAT COMES NEXT?

Friend: I don't have anyone to play with at recess.

You: \_\_\_\_\_

WHAT COMES NEXT?

Friend: I'm sorry I bumped you.

You: \_\_\_\_\_

Craft: Cut out six circles each one a little bigger than the one before.

The smallest circle will be "ME"

Then "MY HOME"

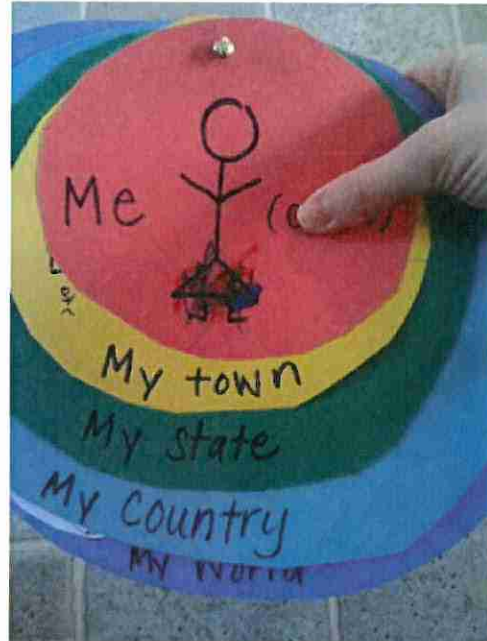
MY TOWN

MY STATE

MY COUNTRY

MY WORLD

Have them draw each one and talk about their role in each of the circles. Talk about the things they can control and the things they cannot control in each aspect and have them write a way they can help at home, in their town, state, country, and how they can help the earth.





**Comic Strip - Today We Did This!**

Write, draw or add keepsakes in the spaces below to show what

The form consists of five rectangular panels arranged in three rows. The top row has two panels. The middle row has two panels. The bottom row has one large panel on the left and a jagged starburst shape on the right. Blue arrows indicate the sequence: from the top-left panel to the top-right panel, then down to the middle-right panel, then left to the middle-left panel, then down to the bottom-right panel, and finally down to the bottom-left panel. A curved arrow is at the bottom-right of the top-right panel, and another curved arrow is at the bottom-right of the bottom-right panel.

Here are the 5 C's of Positive Youth Development

- *Caring*
- *Character*
- *Connection*
- *Confidence*
- *Competence*

Choose one "C" and set your goal for the school year.



*MY GOAL*

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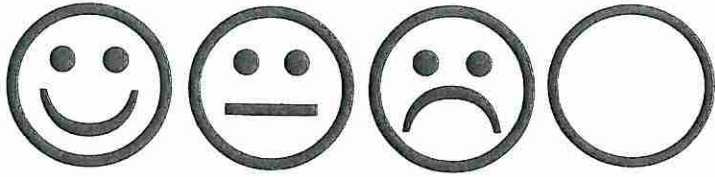
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# Today's activity made me feel.....

Circle how you feel about today's activity with smiley faces or draw your own.



One thing about my Elevator I will always remember.....

A large, empty rectangular box with a dashed border, intended for writing a memory about an elevator. The box is light yellow and occupies the lower half of the page.