



## 2020 Buddy Mentors Fall/Winter Challenge

### RULES

1. **Both Buddies (Junior and Senior) must complete each challenge.** If you are restricting face-to-face interactions, complete some of them virtually or independently.
2. **Attach proof of completion of each challenge (in the form of a photo or description) AND completed checklist** in your final submission. Email to [rachel@mybrightfuture.org](mailto:rachel@mybrightfuture.org) by **Thursday, December 31**.
3. Optional: Post some of your photos to social media. Tweet @BuddyMentors or tag us on Instagram or Facebook. #BuddyMentorsChallenge

- Take a personality assessment (MBTI, True Colors, Strengths Finder, Holland's Code, the Archetype Indicator, etc.) and discuss the findings.
- Make a timeline of your life for the next 5-10 years. Include what you want to accomplish in the years ahead.
- Write a thoughtful letter to your Buddy.
- Exercise with one another and/or go on a walk with each other.
- Make a list of 25, 50, 75 or 100 things you want to do or accomplish during your lifetime and share your lists with one another.

- Let your Buddy teach you something they are knowledgeable about. This could be a hobby, a particular skill, or anything else they can think of.
- Bring in photos or items that are important to you. Talk about the significance of the photos or items.
- Roll down a hill.
- Ask your Buddy five or more questions from "29 Big-Hearted Questions for Meaningful Conversations" <https://www.doinggoodtogether.org/bhf/blog/29-daily-conversations-starters-for-kids>