

## Smile, Giggle, and Grow

### Use Humor to Build Happiness

Start the year with a gale of laughter. It will relieve stress, entertain, and encourage intimacy. Charlie Appelstein, mentoring coach extraordinaire, encourages youth workers to use humor to strengthen relationships. Laughing together can help form bonds. For example, when interviewed at the end of the year, one mentee said, "We have fun. We laugh together a lot." This mentee recently called his mentor to ask for homework help at the start of the school year so he can stay up to speed. That relationship started with the bonds of laughter. As mentoring researcher Jean Rhodes pointed out in an article recently, "we tend to like those people who like us, and humor conveys the message that the other person likes you. Likewise, we also enjoy interactions that make us laugh and like those with whom we enjoy interacting."



If you're funny, let it shine. If you're not funny, learn some jokes or use slapstick humor. Wear a funny hat or just be silly. Self-deprecating humor can be fun. Tell a funny story. Remember to always steer clear of sarcasm and negative humor.

#### Give these a try!

*Q: Why couldn't the pirate play cards?*

*A: Because he was sitting on the deck!*

*Q: Knock, knock. Who's there? Ash. Ash who?*

*A: Bless you!*

*Q: Why did the picture go to jail?*

*A: Because it was framed.*

*I took the shell off my racing snail, thinking it would make him run faster. If anything, it made him more sluggish.*

*Q: Knock, knock. Who's there? Lettuce. Lettuce who?*

*A: Lettuce in and you'll find out!*

*Q: Why do bicycles fall over?*

*A: Because they are two-tired!*

#### According to Charlie, humor:

- Reduces tension and is fun
- Demonstrates caring
- Counters resistance
- Improves self-esteem and identity formation
- Forms a bridge between the adult and child world



Here are some tips to keep in mind: 1) Try humor. If it doesn't work, don't push it. 2) Do not view humor as an extra. Use it every time! 3) Avoid sarcasm and negative humor. 4) Remember, record, or reminisce about funny moments you shared together.



Kenadie & Molly



### This Month in Mentoring

- o **September 1-September 30.** Returning matches begin meeting again. If she hasn't contact you already, Megan will be in touch. We can't wait to see you!
- o **September 7: Labor Day.** No school. No mentoring.
- o **September 26, noon-5pm: Raft trip with OARS.** See box on reverse for more! **DON'T MISS IT!**
- o **September 29, 5-6:30pm, New Mentor Orientation:** Interested folks are invited to learn more about mentoring in Moab! See box on reverse for more.

## Grand Area Mentoring

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### Idea of the month #2: Do community service!

Grand Area Mentoring has adopted a garden plot at HMK. This year mentors and mentees can chip in at HMK Elementary to help make our community beautiful. Our plot is located at west of the main parking lot, in front of the green. Look for a sign that will be placed by mid-September. Here's a pic of the vicinity:



Stop by to pull a few weeds, pick up trash, and take pride in our awesome school. Five minutes of community service is a good way to be modeling local engagement for your mentee. And it can be fun one-on-one activity too!

### Idea of the month #1: GO RAFTING!



Get ready to have fun on the river! Join us for an afternoon of adventure on September 26<sup>th</sup>, noon to 5pm, while we beat the heat and boat a portion of the Daily. If you and your mentee are interested: 1) Get OARS waivers from Dan or Megan. 2) Collect parent signatures on the waiver. 3) Turn forms in to Dan or Megan. **YOU MUST SIGN UP BY SEPT 17<sup>th</sup>.**

Remember to make arrangements to have your mentee dropped off at noon and picked up at 5 at the OARS warehouse (2540 S. Hwy 191). Bring a waterbottle, sunblock, and clothes that can get wet. If it's cloudy, bring extra layers.

As usual, this annual OARS raft trip will be epic! We hope you can be part of the fun. Thanks to OARS for making this happen each and every year. You rock!

*(Note: This is a date change from the original announcement.)*

Congratulations to Chessadie and Cynthia for three years of excellent mentoring! It was a pleasure to support your relationship along the way! Remember, all Grand Area Mentoring matches naturally will come to a close, but you can celebrate your friendship forever.



Share with friends!

Grand Area Mentoring will offer a new mentor orientation on September 29<sup>th</sup>, 5-6:30pm, at HMK Elementary School. Folks interested in learning more about supporting promising kids while having fun should call 260-9646 to register. This will cover all the basics about mentoring best practices. Join us to learn how kind adults can help children who seek guidance. Learn how to do this! →

