



Big Brothers
Big Sisters
OF OXFORD COUNTY



February

Virtual Activities

Newsletter

The activities listed below center around the **Search Institute's** key elements of a **Developmental Relationship** (*Express Care, Challenge Growth, Provide Support, Share Power, Expand Possibilities*). This activity list is intended as a guide for matches who require support with activity ideas. Matches do not have to stick to this list and are free to do activities that both enjoy.

For the month of February we are continuing our porch deliveries for mentees who require supplies. It is important that Mentors notify their Caseworker specifically of what activities they would like to do with their mentee for the month of February.

For a **February** Delivery

- Notify your caseworker no later than **Monday, February 8th**. Matches will be notified of the delivery date.
- Include activities and specific supplies (i.e. type of paint or paper, what board game, etc.)

If you have an activity in mind and require supplies, let us know what is required. We will confirm with you if we have the supplies to send.

EXPRESS CARE

Show me that I matter to you.

- Be dependable
- Listen
- Believe in me
- Be warm
- Encourage

Activity Suggestions:

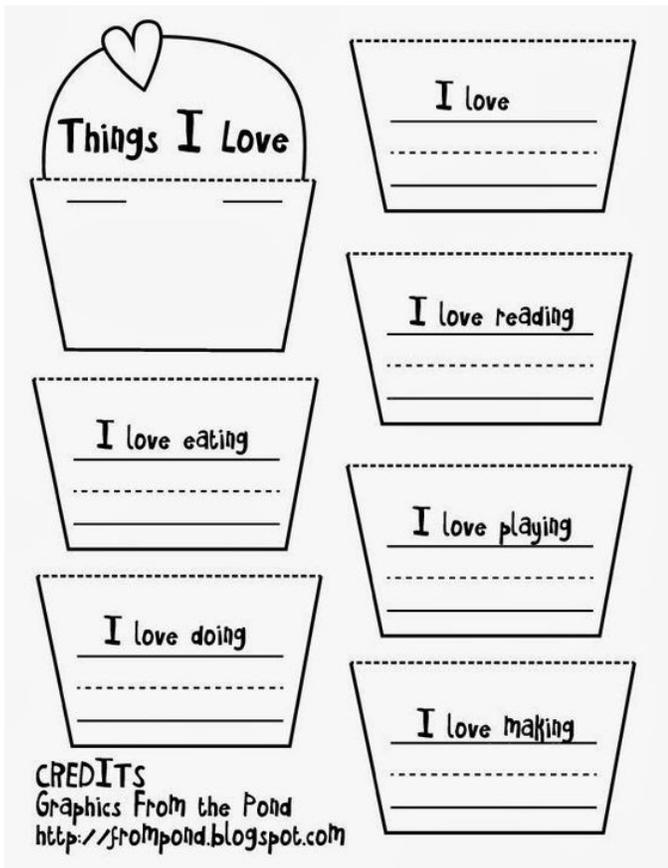
Tell Me Something About You... with M&M's!

Supplies: M&M's

Matches can close their eyes and choose an M&M from the bag, before eating the M&M, they must share something about them according to the colour they grab. This can also work with Skittles.

Things I love:

Take turns writing down the things you love in each category. Get to know each other and what each member of the match finds important.



TELL US

PICK AN M&M

RED: SOMETHING ABOUT YOUR CHILDHOOD

ORANGE: SOMETHING YOU DO WELL

YELLOW: SOMETHING YOU'VE LEARNED

GREEN: SOMETHING YOU WATCH/LISTEN TO

BLUE: SOMETHING YOU CAN'T LIVE WITHOUT

BROWN: SOMETHING ABOUT YESTERDAY

Things I love Alternative:

Supplies: Paper, markers or crayons, scissors

Alternatively to writing the things you love, matches can cut out heart shapes and separate them into sections, making a collage of all the things you love and are important to you.

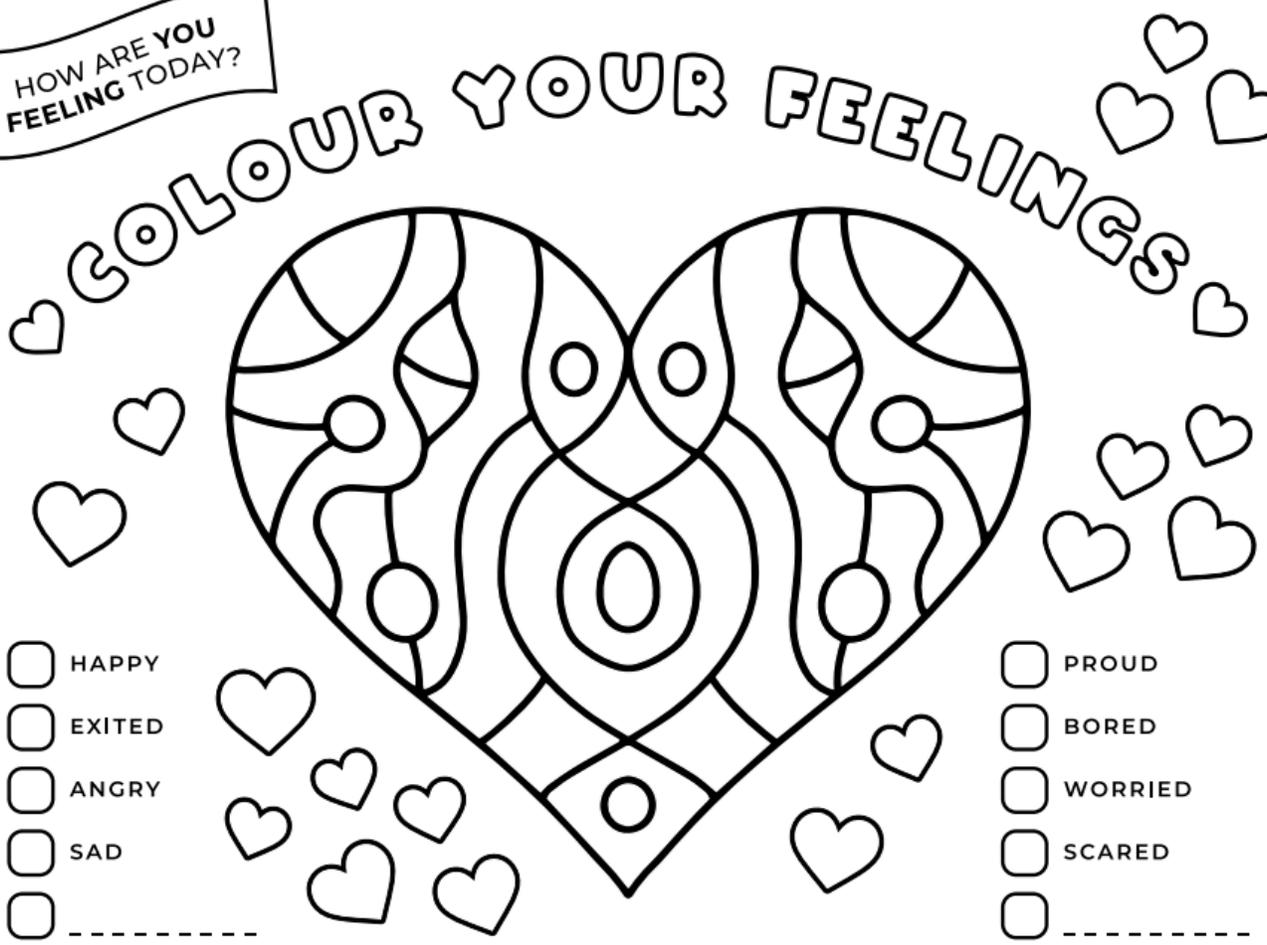


Emotional Check-in

We are aware of how difficult COVID-19 has been on everyone emotionally. Children have reported feeling isolated and alone during this difficulty time. Mentor and mentee can express their emotion states through a colouring activity that allows the opportunity to show an emotional representation of feelings in a physical form. This can be done with any colouring page, identifying which colours represent which feelings or by using the template below.

HOW ARE YOU FEELING TODAY?

COLOUR YOUR FEELINGS



HAPPY
 EXCITED
 ANGRY
 SAD

PROUD
 BORED
 WORRIED
 SCARED



CHALLENGE

Push me to keep getting better

- Expect my best
- Stretch: Push me to go further
- Hold me accountable
- Reflect on failures

Activity Suggestions:

Floating Hearts

Supplies: Water, Glass Plate, Dry Erase Marker

Place a glass plate on the table. Draw on the glass plate with a dry erase marker. Matches can draw any design they desire—for Valentine's Day we suggest a heart pattern. Pour water on the side of the glass plate and watch the hearts float!

Science Behind It: The ink in the dry erase marker is insoluble or "impossible to dissolve". Therefore when the water is poured on the glass surface it causes the dry erase marker to push upwards, making it float on the surface. If you want to get creative, try drawing a stick person and using a straw to make them move around the water!



what's your name? fit activity for kids

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

- | | |
|---|--|
| A jump up & down 10 times | N pick up a ball without using your hands |
| B spin around in a circle 5 times | O walk backwards 50 steps and skip back |
| C hop on one foot 5 times | P walk sideways 20 steps and hop back |
| D run to the nearest door and run back | Q crawl like a crab for a count of 10 |
| E walk like a bear for a count of 5 | R walk like a bear for a count of 5 |
| F do 3 cartwheels | S bend down and touch your toes 20 times |
| G do 10 jumping jacks | T pretend to pedal a bike with your hands for a count of 17 |
| H hop like a frog 8 times | U roll a ball using only your head |
| I balance on your left foot for a count of 10 | V flap your arms like a bird 25 times |
| J balance on your right foot for a count of 10 | W pretend to ride a horse for a count of 15 |
| K march like a toy soldier for a count of 12 | X try and touch the clouds for a count of 15 |
| L pretend to jump rope for a count of 20 | Y walk on your knees for a count of 10 |
| M do 3 somersaults | Z do 10 push-ups |

CONSULT A DOCTOR BEFORE STARTING AN EXERCISE PROGRAM - WWW.THEYSMELL.COM

What's Your Name Workout

Matches can take turns spelling their own name, or each other's name and doing the corresponding work out for it. If matches are up to it, they can try and do first and last names for a longer workout.



Crystal Heart Science Experiment

Supplies: Borax, jars or vases, popsicle sticks, string and tape, pipe cleaners

Take your pipe cleaners and form them into hearts.

Tie the string around the popsicle stick or pencil and use a piece of tape to keep the string in place. Tie the other end of the string to the heart. Place the heart in the jar with the pencil or popsicle stick on top of the jar.



In the jar, dissolve three table spoons of borax power for each cup of boiling water used. Make sure the heart is fully submerged in the solution. Place the jars in a quiet place where they can be left alone. After 24 hours you should have crystal hearts!



The Science Behind it: when you boil water, the molecules in water separates, allowing more borax to dissolve in the water which creates the saturated solution which allows for more saturated solution with more powder than liquid can hold. When the water cools, the water molecules move back together, making the extra particles move outside and start to sit on the pipe cleaners. This is what creates the crystals. Once the crystals begin to form, they will grow on top of each other causing larger crystals.

PROVIDE SUPPORT

Help me complete tasks or achieve goals

- Navigate
- Empower
- Advocate
- Set Boundaries

Activity Suggestions:

Home Scavenger Hunt

Both mentor and mentee work together by taking their devices around their home to find items on the list. As each item is found, they can be checked off. They can work together on the list or each do it to see how many items they can find from the list individually.

Make Valentine's Day Cards.

Supplies: Paper, Makers—any other craft supplies desired.

Matches can work together to design Valentine's cards for the loved ones in their life. Encourage your mentee to come up with their own design and sayings for the cards.



VIRTUAL Scavenger Hunt

■ A square shaped item	■ Musical instrument
■ Something red	■ A patterned item
■ Stuffed animal	■ Green marker
■ Something to write with	■ A leaf
■ Sanitizer	■ Shampoo
■ Your favorite toy	■ Something that lights up
■ Flower	■ Jacket
■ Something blue	■ Two books
■ A measuring cup	■ Something chocolate
■ Something that makes noise	■ A rectangular item
■ A circle shaped item	■ Hand soap
■ A yellow crayon	■ A movie/dvd case
■ Something that tells time	■ Seashell
■ A family picture	■ Keys
■ Black socks	■ Remote control
■ A toy car	■ Shopping bag
■ A spatula	■ Something orange
■ Your favorite snack	■ A drinking cup
■ A pair of shoes	■ Something from a vacation
■ Something pink	■ Tissues/toilet paper
■ A quarter	■ An empty box
■ A piece of jewelry	■ A cookie cutter

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Make a Heart Maze

Supplies: Paper, yarn, glue, marble or pencil.

Draw a heart on your piece of paper, that will be the outline for your maze. Trace your string around the heart leaving a gap for the marble to enter. Weave your string through the inside of the heart until you get to the center. Loop your string in the center for the ending spot for the marble. Glue the string down, make sure it is dry before you place your marble in. Guide your marble through the maze!

Create Your Own Board Game

Supplies

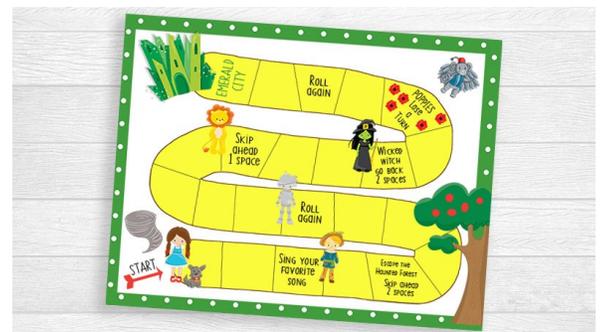
- ⇒ Paper
- ⇒ Pencil
- ⇒ Crayons
- ⇒ Game Pieces (these can be borrowed from other games)



Instructions

1. Start by drawing your game layout. Choose the shape you want your board game to go in and draw squares throughout to create each space a player can land on. You may want to sketch it in pencil before making it permanent.
2. Decide together which action will be in each square. If you are playing with dice, these may say “roll again” or “move back the number of rolled dice”
3. Matches can even get creative and make actions cards to pick up.
4. Once your game board is created, make a rule page, identify what the purpose of the game is and how to play fairly.
5. The next step is to colour your game board! Make it as pretty and colourful as desired.
6. Finally PLAY!
7. Check out ideas on homemade games or get a free game board printable at this site:

<https://www.sunnydayfamily.com/2020/09/how-to-make-diy-board-game-for-family.html>



SHARE POWER

Treat me with respect and give me a say

- Respect me
- Include me
- Collaborate
- Let me lead

Activity Suggestions:

Make Chocolate Covered Strawberries

Supplies: Strawberries, chocolate chips, parchment paper, baking tray, toppings of choice (nuts, candy, sprinkles)

Wash and dry the strawberries. Prepare desired toppings. Prepare your workplace with a parchment lined baking tray to line dipped strawberries on. Melt the chocolate in the microwave and dip the strawberries in the melted chocolate. Coat in desired toppings and lay the strawberries on prepared baking sheet. Allow the strawberries to rest until the chocolate has set.



Tangerine Bath Salts

Supplies: Epsom salts (2 cups), coarse sea salt (1 cup), baking soda (3 tbs), tangerine essential oil (10-12 drops), optional—food colouring (3 drops yellow, 1 drop red), airtight container

1. Add Epsom salts, sea salt and baking soda to a medium mixing bowl, mix well.
2. Add tangerine essential oil and mix again into the salt mixture.
3. If you want a pretty orange tint to your bath salts, add the yellow and red food colouring and stir well..
4. Store in an air tight container for up to 6 months.

Use:

1. Add 1/4-1/2 cup of bath salts in warm bath
2. Sit, relax and enjoy!



Watch Your Favourite Romcom Together



Scribbl.io Virtual Pictionary

All you need is a computer or a phone! Matches can go to the scribbl.io website, one match can choose "Private Room" and share the link with their match. Matches will take turns drawing pictures based on words they are given. Matches are rewarded with points for the fastest guesses. Choose how many rounds you want to play, even choose special words if desired!



Expand Possibilities

Connect me with people and places that broaden my world.

- Inspire
- Broaden Horizons
- Connect

Activity Suggestions:

Take a Trip to the San Diego and Smithsonian Zoo

Matches can take a trip to the San Diego and Smithsonian Zoo by visiting their live cameras and seeing what the animals are up to!

Links: <https://kids.sandiegozoo.org/videos>
<https://nationalzoo.si.edu/webcams>



Admire the Beauty of Kenja Fjords Glacier Park

Matches can take a tour of glaciers through a virtual tour at: <https://artsandculture.withgoogle.com/en-us/national-parks-service/kenai-fjords/exit-glacier-tour>



THE BEST YEAR

OUT WITH THE OLD {20__} IN WITH THE NEW {20__}

2 FAVORITE MEMORIES	3 PLACES I WANT TO GO	2 WAYS I CAN HELP OTHERS
3 THINGS I'M GRATEFUL FOR	1 THING I WANT TO GET BETTER AT	2 THINGS I AM LOOKING FORWARD TO
1 HARD LESSON I LEARNED!	3 NEW THINGS I WANT TO TRY	
1 THING I DID THIS YEAR I'M PROUD OF		

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Set Goals for the Future

Work together to set goals for the following year and determine how you will work together to achieve these goals. You can find a number of Goal Setting Sheets online through Google or Pinterest.

Learn a Language Together

Matches can watch Youtube videos together or learn through language apps such as Duolingo. Set goals for learning when not together and spend time practicing together.

