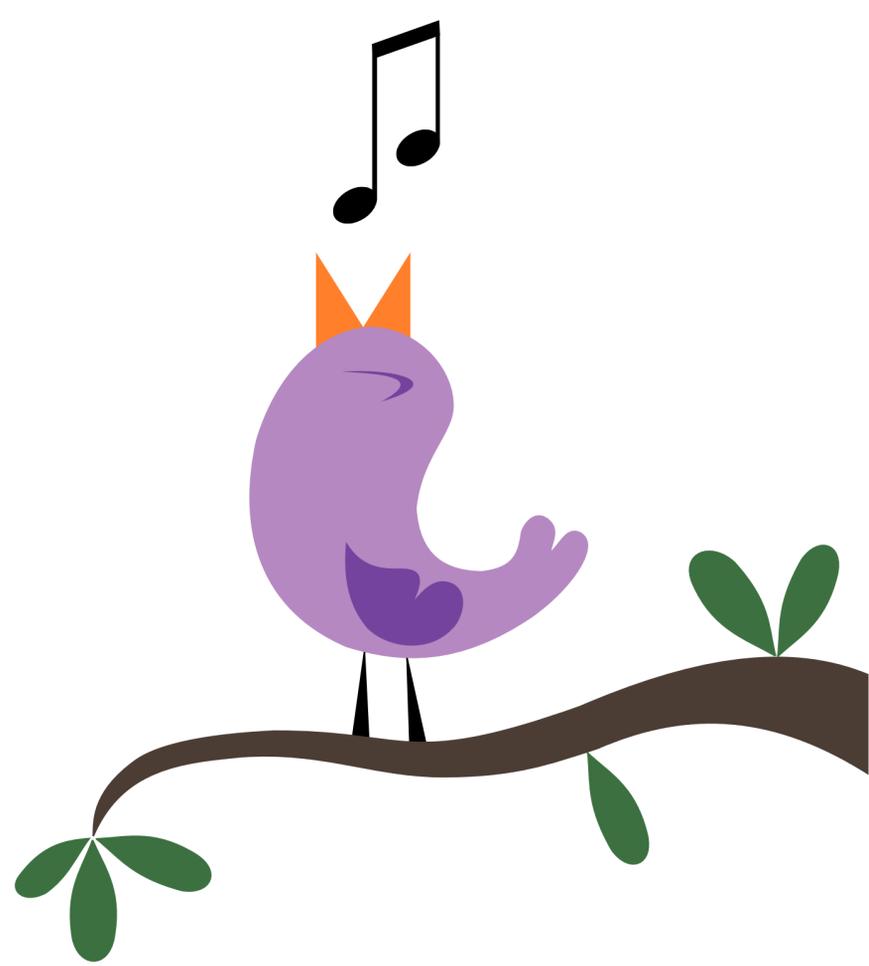




**Big Brothers
Big Sisters**
OF OXFORD COUNTY



April

VIRTUAL ACTIVITIES NEWSLETTER

The activities listed below centre around the **Search Institute's** key elements of a **Developmental Relationship** (*Express Care, Challenge Growth, Provide Support, Share Power and 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 they both enjoy.

For the month of April, 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 April.

For a April Delivery

- Fill out a supply request form through this link: <https://oxford.bigbrothersbigsisters.ca/mentoring-activity-supply-request/> by **April 12, 2021**. Matches will be notified of the delivery date.
- Include activities and specific supplies (ie. 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:

Virtual Spring Scavenger Hunt

Take a walk outside with your mentee virtually to find the spring items listed to the right. If you or your mentee are unable to take your devices outside, share the list with your mentee and each of you can do it before you meet again. Encourage your mentee to take pictures of what they find and have a mini show-and-tell at the beginning of your next match!

SPRING SCAVENGER HUNT

- 🌸 Find a yellow flower.
- 🌸 Find 3 different shaped leaves.
- 🌸 Find something that is red.
- 🌸 Find a spider web.
- 🌸 Find something that flies.
- 🌸 Name 2 things you see in the sky.
- 🌸 Find something that is long.
- 🌸 Find something that grows that is green.
- 🌸 Find 2 birds.
- 🌸 Find some water.
- 🌸 Find something purple.
- 🌸 Find something that crawls.



MY Calm Down Zone

A Calm Down Zone is a place where you can go when you are starting to feel frustrated or angry. It is filled with toys, games, or activities that can help you calm down so that you can cope with your anger in a healthy way. Use this worksheet to create your very own Calm Down Zone!

What will I call it?

You can call it a Calm Down Zone or come up with a different name!

Where will it be?

Pick a place that is quiet so that you can focus on calming down!

How will I know it is time to go there?

The best time to visit your Calm Down Zone is when you start feeling angry and before you make any negative choices!

What toys, objects, games or other calming things can I put there?

Some ideas include a stress ball, books, coloring pages, bubbles, play dough, pictures, stuffed animals, a journal, and puzzles!

1. _____
2. _____
3. _____
4. _____
5. _____



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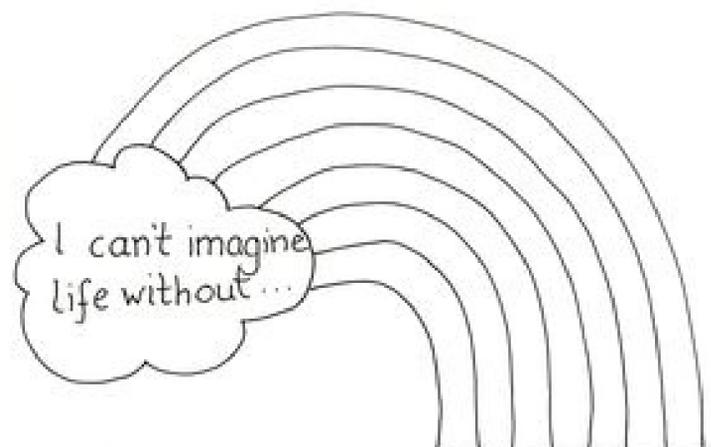
Illustration created by Squishies Clipart © Buckeye Beginnings <https://www.teacherspayteachers.com/Store/Buckeye-Beginnings>

My Calm Down Zone

Using the worksheet provided, create a safe, "calm down" plan with your mentee to utilize when they are feeling overwhelmed. Go through each step with your mentee and help them create a space by making suggestions and asking them what has helped them in the past to feel less stressed.

Important to Me Rainbow

Recreate this rainbow with your mentee and have them fill each ray by writing in things that are important to them (ie. family, friends, love, happiness). As they fill out their rays, ask them why these things are important to them.



CHALLENGE

Push me to keep getting better

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

Activity Suggestions:

Coffee Filter Butterflies

- **Supplies:** Coffee Filters, Washable Markers, Chenille Stems (pipe cleaners), Beads, Zippered Bags – Gallon Size, Spray Bottle filled with water

Instructions

1. Flatten out a coffee filter on top of a gallon size zippered bag. Draw random designs on the coffee filter with a variety of colours. Remember that colour combinations next to each other on the colour wheel will become blended.
2. Mist coffee filter with water from a spray bottle and then let dry completely. Set aside to dry but it's super fun to watch the colours mix and blend! (Create two coffee filters for each butterfly).
3. Fan fold two coffee filters to create each butterfly. Then, stack fan folded coffee filters on top of each other, as pictured in the top image.
4. Fold chenille stem in half and place coffee filters one-third from base. Twist the bottom loop of the chenille stem. Twist once above the folded coffee filters, creating a tight section. Then, leave a ½" loop and twist again to create the butterfly head. Leave the antennae straight.
5. Open and fluff out the wings of the butterfly. Pinch at the ends to retain the folds and thread a pony bead on the end of each antennae and curl into a swirl.



COFFEE FILTER Butterflies



Dissolving Peeps Science Experiment

- **Supplies:** Marshmallow Peeps, Several liquids (we used lime juice, vinegar, orange juice, and water), Jars, Timer

Instructions:

1. Fill your jars about halfway with each type of liquid.
2. Place a Peep in each one and flip it every 10 minutes.
3. Observe the Peeps at the end of your meeting and remind your mentor to check before they go to bed.

Questions to Ask:

Before:

1. What liquid do you think will dissolve the peeps the fastest? What about the slowest?

During:

1. Why do you think some liquids dissolve Peeps faster than others?



Dissolving Peeps science experiment



Background:

Peeps are made up of ingredients that are soluble. This means they will dissolve in water. Dissolving is the process of a substance being broken up and absorbed by another material. When the Peeps are added to liquid, the sugar and other ingredients dissolve into the surrounding liquid. The liquids with the higher acidity broke the sugar down faster than the liquids with less acidity.

Paint Terracotta Pots and Plant Seeds

- **Supplies:** Terracotta pot, paint, paint brushes, spoon to scoop soil, seeds, soil

Instructions:

1. Using the designs above for inspiration or creating your own design, paint the outside of a terracotta pot to house your plant.
2. Once dry, scoop soil into the pot to fill it half way.
3. Create a small crater to place the seed in and then cover with soil to fill the pot 3/4 of the way.
4. Water the soil lightly every two days and watch your plant grow!



Jump Rope Challenges

- **Supplies:** Jump Rope

Both you and your mentee take turns choosing a challenge you want to do and together, do the challenge by using a jump rope. After, discuss which was the most difficult, the easiest and the most fun!

 **Bunny Hops**
Hop over the rope on one foot

 **Flashback**
Swing the rope in the other direction, jumping backward

 **Run It**
Run or jog forward over the rope

 **Firecrackers**
Jump as fast as you can

 **Jump Rope Jacks**
Jump with feet together then feet apart

 **Twister**
Twist body to one side and then the other when jumping

 **Ski Jumper**
Spread the rope on the floor and jump side to side over it

 **Crisscross**
Criss cross legs on every other jump

 **Donut Jumps**
Make the rope into a circle on the ground, jump into the circle then out

 **Crossovers**
Cross arms on every other jump

PROVIDE SUPPORT

Help me complete tasks or achieve goals

- Navigate
- Empower
- Advocate
- Set Boundaries

Activity Suggestions:



• • • mini Paper Kites



Mini Paper Kites

- **Supplies:** Coloured craft paper (any 8.5 x 11" paper will work), Paper straws (2 per kite), String or twine for the kite string (at least 25-30" long), Light-weight string, twine or decorative ribbon for the tail of kite (at least 20" long), Decorative ribbon scraps, Elmer's School Glue Stick, All purpose glue, Glitter glue for decorating (optional), Scissors, Pencil, Ruler

Instructions:

1. Choose two coloured papers, and cut them both in half along the longest edge. (The size is now 5.5 x 8.5".)
2. Using a very strong glue stick, cover the back of one sheet with glue and place the other colour on top. Smooth the page down, and make sure there are no bubbles.
3. Using a ruler, measure and mark a spot at the top and bottom of your paper at 2.75". Measure and mark the long edges at 3". Use a ruler to connect the four marks and draw lines to make the kite shape.
4. Cut out the kite.
5. Cut a length of twine or string, and tie one end to a paper straw about $\frac{2}{3}$ of the way down. Cut the second straw into thirds to get three pieces. (They don't have to be exactly even. Just eyeball it.) Tie the other end of the twine to the middle of one of the paper straw pieces. This will be the kite handle.
5. Add a drop of glue onto the knot you tied on the handle so that the string won't slide off of the handle.
6. Place the side of the kite that you want to be the bottom (the side that will hold the paper straw frame) face up on the table. Using a ruler and a pencil, connect the corners to draw a cross. Squeeze a bead of craft glue along the cross.
7. Place the straws into the glue to form your kite frame, and allow the glue to dry for a few minutes. (Try to get the knot of the twine about even with the centre of the cross before you press down the straw.)
8. Cut a 20" (or longer) piece of light-weight ribbon or string to make the kite tail. Thread it through the long straw, and add a bead of glue at the top of the straw to keep the string from falling out.
9. Tie a few decorative ribbons to the tail, and allow all glue to dry completely.
10. Optional--Decorate with glitter glue.



Water Colour Leaf

- **Supplies:** flat leaf, white printer paper, washable markers

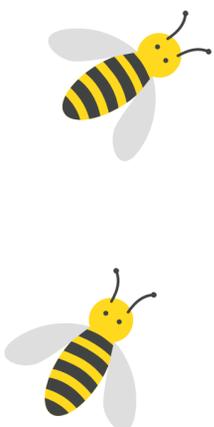
1. Colour one side of your leaf with multiple colours using the washable markers. Ensure you colour in the leaf's veins to get every detail.
2. Stamp the leaf onto your paper and press down so that the colour transfers to the paper.
3. Remove the leaf to reveal your colourful watercolour leaf.



Paint Rocks

- **Supplies:** rocks, paint, paint brushes

1. Find a rock or a few outside.
2. Paint the rock with your favourite character, design or quote.
3. After it dries, leave it outside for others to see or keep it for yourself!



SHARE POWER

Treat me with respect and give me a say

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

Activity Suggestions:

Make your Own Bird Feeder

- **Supplies:** Toilet paper rolls, Peanut butter, Bird seed, Spreading tools (ie. butter knives, spoons, etc)

Instructions:

1. Carefully cover your toilet paper roll with peanut butter by spreading an even layer on the roll.
2. Once covered, roll the toilet roll in bird seeds.
3. Once covered, your bird feeder is ready to be hung! You can place it outside by sliding it onto a branch.

Added Fun

Ask your mentee to keep an eye on their bird feeder and take pictures of the birds they spy eating from it. The next time you meet, you can research the bird they spotted and learn more about them.



Rice Krispy Treat Nests

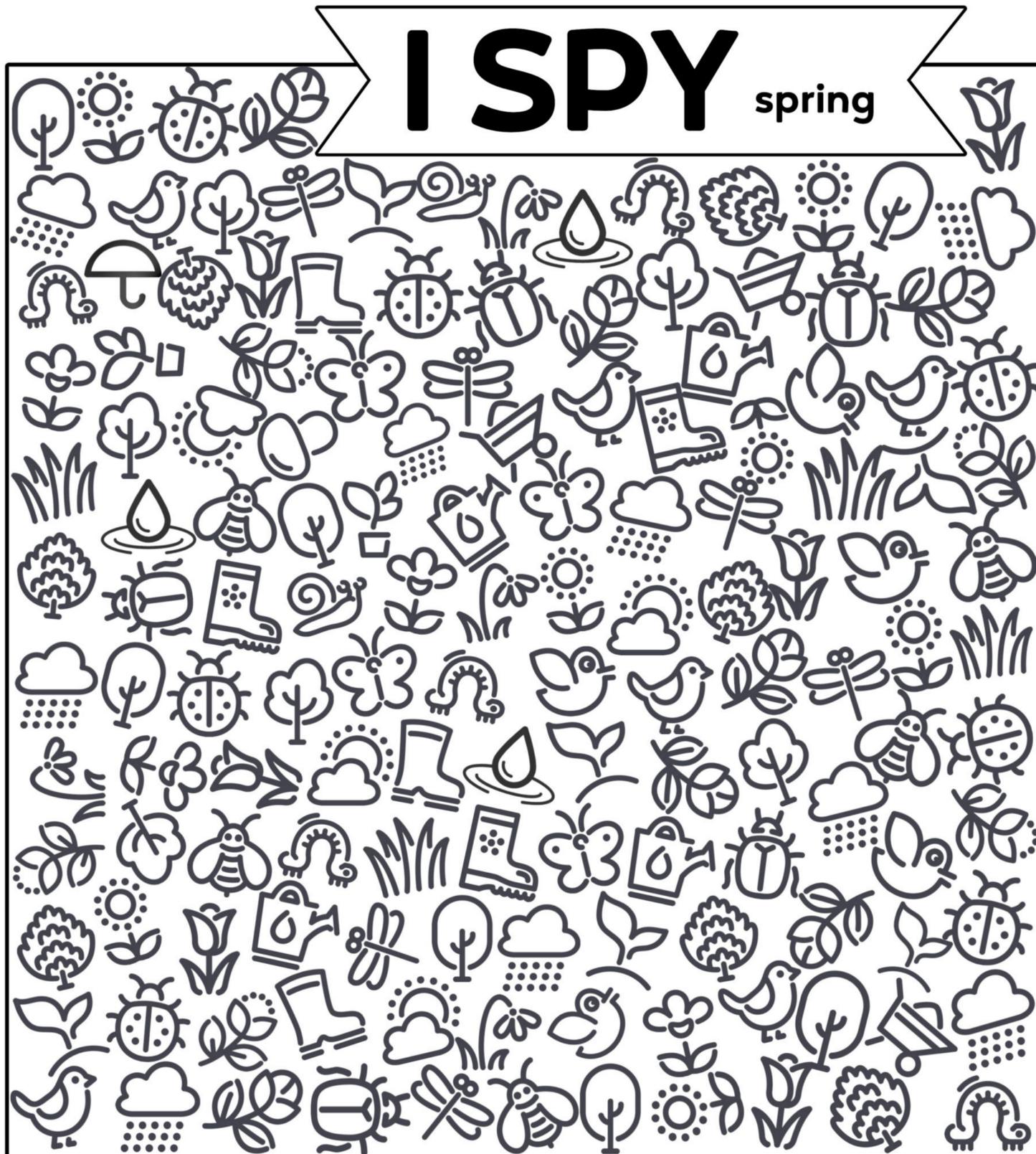
- **Supplies:** 3 tbsp. butter, 1 10 oz bag of marshmallows, 6 cups of crisp rice (or rice krispies), mini eggs, muffin tin

Instructions:

1. Melt the butter over medium heat and stir in the marshmallows.
2. Continue stirring until completely melted. Pour the mixture over the crisp rice cereal and stir until well combined.
3. Spray a muffin tin with cooking spray and shape the nests.
4. Make indents with a spoon for the eggs to fit in.
5. Let the rice krispies cool and then remove from pan to decorate with eggs.

Spring ISpy

Using this image, see how many spring items you and your mentee can find together.



- | | | | | | | | | | | | | | | | | | | | |
|---|--|---|--|---|--|---|--|---|--|---|--|---|--|---|--|---|--|---|--|
| 2 | | 4 | | 4 | | 5 | | 4 | | 5 | | 7 | | 4 | | 6 | | 5 | |
| 1 | | 6 | | 7 | | 1 | | 3 | | 6 | | 7 | | 4 | | 7 | | 5 | |
| 3 | | 3 | | 4 | | 6 | | 2 | | 7 | | 5 | | 9 | | 6 | | 3 | |

papertraildesign.com



Expand Possibilities

Connect me with people and places that broaden my world.

- Inspire
- Broaden horizons
- Connect

Activity Suggestions:

Virtual Escape Rooms

Use the links below to do an online, themed virtual escape room with your mentee.

Harry Potter:

https://docs.google.com/forms/d/e/1FAIpQLSdPKEP3VfdERKvotBZ4PZxGcaAJIKIrH_Lvuwkgu7wdgsO8SQ/viewform

Jumanji:

<https://docs.google.com/forms/d/e/1FAIpQLScHhYGsk5taPE0xrdgqAxxoMGDO7DWVAELX5nKCMD2mv9IsOg/formResponse>



Start a Series Together on Netflix or Disney+

Watch and talk about a recent series you have encountered, or start a new one with your mentee. There is an option to "share screen" over zoom if only you or your mentee have access to these platforms so that you can watch the show in real time together.

Ideas: [Suite Life of Zach and Cody](#), [Wizards of Waverly Place](#), [FRIENDS](#), [No Good Nick](#).



Take a Trip to Niagara Falls!

Use the link below to visit some of Niagara Falls' best attractions, virtually!

<https://www.niagarafallstourism.com/vr/>



De-Clutter by doing some Spring Cleaning

Work with your mentee and get some spring cleaning done by organizing, de-cluttering and tidying together! Share some fun tips and tricks or stories while you take part in this activity.

