



Big Brothers  
Big Sisters  
OF OXFORD COUNTY



# March 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 March 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 March.

For a **March** Delivery

- Notify your caseworker no later than **Monday, March 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:

### Make A Wish Clover Activity

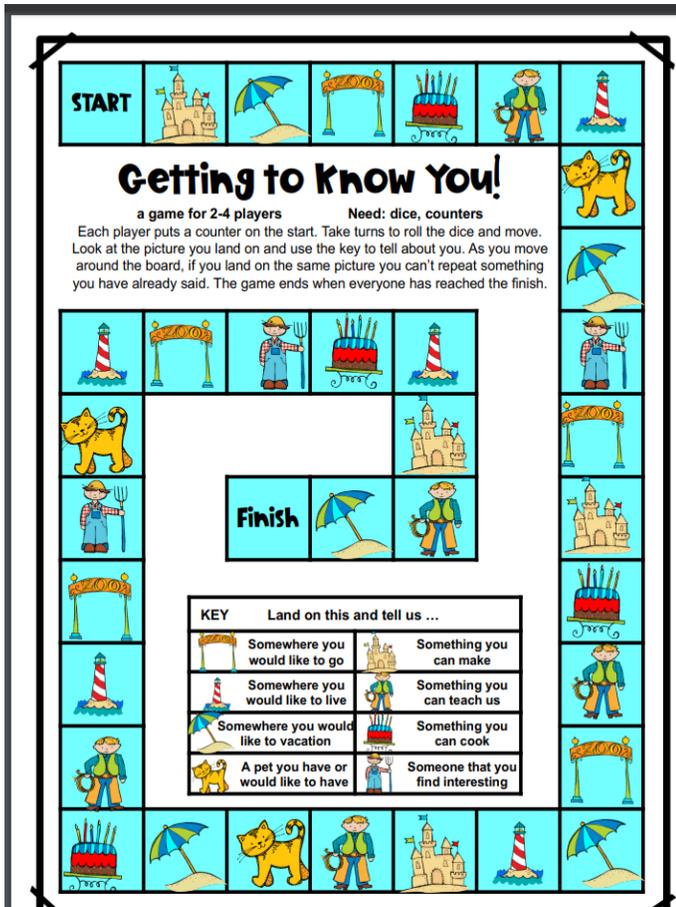
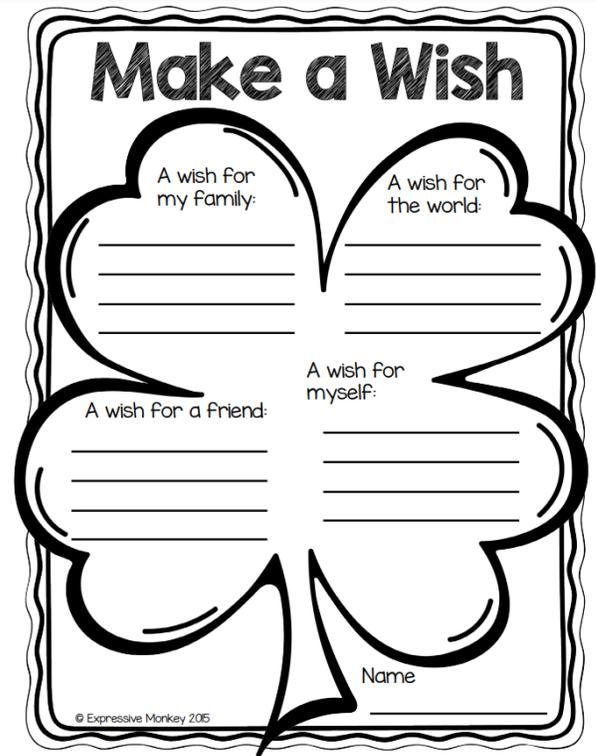
Supplies: Clover Sheet—Make your own or use template

Matches can take turns sharing what they would wish for under each category. When the wishes are completed, decorate the clover in a festive way.

### Get to Know You Board Game:

Supplies: Board, dice - for other version follow this link <file:///C:/Users/Erin%20Wierenga/Downloads/FreeFirstDayofSchoolActivitiesGettingtoKnowYouGames-1.pdf>

Matches take turns rolling dice and answer the corresponding questions.



### Teach Methods of Self Care:

Teach your mentee the value of self-care and self-care techniques. Follow this link for self-care tips and ideas for kids: <https://www.andnextcomesl.com/2017/06/self-care-activities-for-moms-to-do-with-kids.html>



[activities-for-moms-to-do-with-kids.html](https://www.andnextcomesl.com/2017/06/self-care-activities-for-moms-to-do-with-kids.html)

## Would You Rather

Playing Would You Rather with your mentee allows you both to create questions, or pick questions to get a better understanding of each other while having fun. Use the template below or come up with your own questions to ask each other. Get as fun and creative or serious and honest as desired.

Would you rather take an art class or a music class?

Would you rather eat fruits or vegetables?

Would you rather be a bird or a fish?

Would you rather eat spaghetti or tacos?

Would you rather go snorkeling or kayaking?

Would you rather go on a hot air balloon or an airplane?

Would you rather camp in a tent or in a camper?

Would you rather drink orange juice or apple juice?

Would you rather eat cake or ice cream?

Would you rather have a pet snake or a pet tarantula?

Would you rather wear boots or tennis shoes?

Would you rather go to the zoo or the park?

Would you rather watch the a comedy or a scary movie?

Would you rather live in the mountains or by the beach?

Would you rather meet Santa or the Easter Bunny?

Would you rather be too hot or too cold?

# WOULD YOU RATHER QUESTIONS FOR KIDS

Would you rather be a police officer or a fireman?

Would you rather read books or write stories?

Would you rather be a lion or a tiger?

Would you rather be an actor or a comedian?

Would you rather be a ballerina or a gymnast?

Would you rather have a puppy or a kitten?

Would you rather have a tail or elf ears?

Would you rather have a playhouse or a trampoline?

Would you rather go mountain climbing or skydiving?

Would you rather jump off a diving board or go down a slide?

Would you rather have a pony or a monkey for a pet?

Would you rather be very smart or very lucky?

Would you rather be a pilot or a pirate?

Would you rather play baseball or soccer?

Would you rather be able to travel into the future or into the past?

Would you rather have wings or a jetpack?

# CHALLENGE

Push me to keep getting better

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

## Activity Suggestions:

### Vision Boards

**Supplies:** Bristle board, magazines, photos and quotes, glue and scissors

Follow the Vision Board Guideline and create goals for your future self. Use quotes and pictures to help represent what you want your future to look like. Matches can work together and discuss what is important to them and what they value for the future. Keep communicating about your goals and help hold each other accountable to achieve them.

### Self Improvement Challenge

**Supplies:** Use the template provided or create your own  
Matches can work together to complete their Self Improvement goals. Matches can complete it in 30 days, or attempt to do one task each meeting. Challenge each other to be vulnerable and grow.

#### 30 DAYS OF SELF IMPROVEMENT

- |  |   |
|--|---|
| 1. SHARE SOMETHING YOU ARE PROUD OF TODAY      | 17. LISTEN TO YOUR FAVORITE ALBUM           |
| 2. START A JOURNAL                             | 18. BUY COFFEE FOR A STRANGER               |
| 3. LEARN SOMETHING NEW                         | 19. GO FOR A WALK                           |
| 4. EXERCISE                                    | 20. TURN YOUR PHONE OFF                     |
| 5. TAKE A LONG, DEEP BREATH                    | 21. MAKE A HEALTHY RECIPE                   |
| 6. BAKE COOKIES FOR A FRIEND                   | 22. WRITE DOWN YOUR 5 YEAR DREAM PLAN       |
| 7. DO NOTHING                                  | 23. TEXT AN OLD FRIEND                      |
| 8. MAKE A LIST OF YOUR ACCOMPLISHMENTS         | 24. BE CREATIVE                             |
| 9. DRINK MORE WATER                            | 25. STRETCH                                 |
| 10. TELL YOURSELF WHAT YOU LIKE ABOUT YOURSELF | 26. WRITE DOWN 5 THINGS THAT MAKE YOU HAPPY |
| 11. MAKE A MEAL FOR ONE                        | 27. PLAN YOUR DREAM VACATION                |
| 12. WATCH AN OLD MOVIE                         | 28. LEARN SOMETHING NEW                     |
| 13. GET OUTSIDE                                | 29. DO NOTHING                              |
| 14. DECLUTTER                                  | 30. CREATE A GOAL BOARD                     |
| 15. TREAT YO' SELF                             |   |

*Your life only gets better when you do.  
Work on yourself & the rest will follow.*

WWW.REVENGEBAKERY.COM

## HOW TO CREATE YOUR

# Vision Board

### STEP 1: VISION

What does your best self look like?

### STEP 2: GOALS

What goals will help you become that person?

### STEP 3: ACTION

What actions will help you achieve those goals?

### STEP 4: CREATE!

Gather images & quotes that represent your vision, goals, and actions!

### Just Dance Workouts

**Supplies:** Visit YouTube to search Just Dance Videos

Matches can workout together by going to YouTube and picking their favourite Just Dance songs! One member of the match can share their screen so both can participate together.



## St. Patrick's Day Fizzy Pots

**Supplies:** Baking Soda, white vinegar, food colouring, 6 small pots (or one), baster/squeeze bottle/ladle, tray. Optional: glitter and fake gold coins

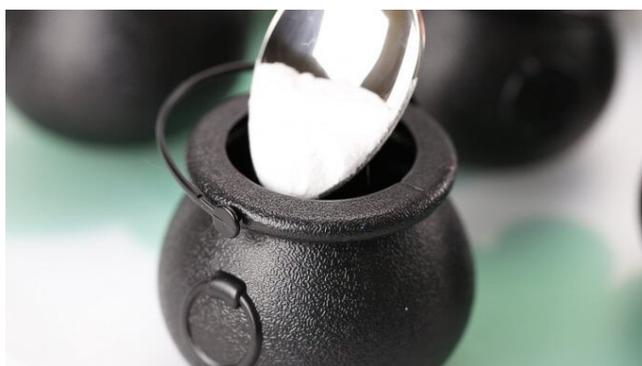
**Step 1:** Start by setting out the tray and placing the pots onto the tray.



**Step 2:** Add food colouring into the pots. If you want a rainbow, use different colours per pot.



**Step 3:** Scoop in Baking Soda.



**Step 4:** Watch what happens when you pour the white vinegar into the pots. For the best eruptions—add a lot of vinegar at one time.



### Questions to Ask

**Before:**

- 1) What do you think WILL happen?
- 2) What do you think we will see?

**During:**

- 1) What can you smell, hear, feel or see happening to the baking soda and vinegar in the pots?
- 2) What does the combination of vinegar and baking soda look like?

**After:**

- 1) What are the bubbles (solid, liquid or gas)?
- 2) Where do you think the bubbles came from?



# PROVIDE SUPPORT

Help me complete tasks or achieve goals

- Navigate
- Empower
- Advocate
- Set Boundaries

## Activity Suggestions:

### Jumbled Words

Matches can compete against each other to see who can find the most words in a set of letters. Set an appropriate timer and compete! Matches can also work together to see how many words they can find. Matches can use the letters provided and come up with their own.

### Make Chocolate Covered Oreos

**Supplies:** Oreos, chocolate chips, parchment paper, baking tray, topping of choice, food colouring (optional).

**Step 1:** Prepared desired topping

**Step 2:** Line a baking tray with parchment paper and Oreos

**Step 3:** Melt the chocolate in microwave, if using white chocolate and food colouring, add food colouring after melted and stir well—if you want to be festive, make the chocolate green and white!

**Step 4:** Dip Oreos in melted chocolate and coat in desired toppings

**Step 5:** Lay the Oreos on baking sheet and let them rest until chocolate has set.



### Learn to Draw Mandala

**Supplies:** Paper and Coloured Pencils

Matches can create pretty Mandalas together by creating their own designs or by following the link below for a step-by-step tutorial.

Mandalas can also be created on rocks by using a pattern of different coloured paints!

<https://www.art-is-fun.com/how-to-draw-a-mandala>

Name: \_\_\_\_\_

## Jumbled Words

E	T	A	S
P	K	O	H
N	C	E	L
O	M	D	B
I	A	R	U

**Points**  
 3 letter words - 1 point  
 4 letter words - 2 points  
 5 letter words - 3 points  
 6 or more letter words - 4 points

Words	Points	Words	Points
1.		11.	
2.		12.	
3.		13.	
4.		14.	
5.		15.	
6.		16.	
7.		17.	
8.		18.	
9.		19.	
10.		20.	

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## Homemade Microwave Puffy Paintings

### Supplies

- ⇒ Paper
- ⇒ 1 Cup Flour
- ⇒ 1 Tsp Salt
- ⇒ 3 Tsp Baking Powder
- ⇒ Ziploc Bags
- ⇒ Food Colouring
- ⇒ Paper
- ⇒ Rubber Bands



### Instructions

1. Add the cup of flour, baking powder, salt and enough water to make the mixture as thick as pancake batter. Divide the mixture into four snack size Ziploc baggies a long with a different colour of food colouring in each bag. Part of the fun is squishing the mixture around in the bag until fully mixed
2. Close the bags and add a rubber band to one side of the bag. Cut a tiny hole in the corner of the bag.
3. On your piece of paper start making fun designs of all colours! Pop the painting in the microwave for 30-40 seconds and watch the paint puff up and grow!



# SHARE POWER

Treat me with respect and give me a say

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

## Activity Suggestions:

### Snow Ice Cream

**Supplies:** 8 cups fresh snow (more may be needed), 1 can of sweetened condensed milk, 1 tsp vanilla extract

**Step 1:** In a large bowl, stir together snow with sweetened condensed milk and vanilla extract.

**Step 2:** Stir until well combined. Add more snow if necessary until desired consistency is reached.

**Step 3:** Serve immediately. Top with sprinkles!



### Create an Activity Wheel

**Supplies:** Paper, coloured pencils, pen or marker, scissors, a paper fastener and a paper clip

Using a piece of paper, cut out a circle. Divide the circle into as many sections as desired. Allow your mentee insert all of their favourite activities first. Fill in a few ideas you would like to do with your mentee to help them grow. If you need extra ideas, use previous Newsletters to fill the spaces. Place the paper clip through the paper fastener and insert the paper fastener in the center of the wheel. When matches need extra support on what to do turn to this activity wheel!

### Custom Candles

**Supplies:** White candle, tissue paper, markers, wax paper, hair dryer.

#### Instructions:

**Step 1:** Measure out the tissue paper to wrap around the candle so that it does not overlap.

**Step 2:** Draw/Write on the tissue paper whatever you would like

**Step 3:** Wrap the tissue paper around the candle.

**Step 4:** Wrap the wax paper around the candle ovetop of the tissue paper.

**Step 5:** Make sure the wax paper is pulled as tight as possible.

**Step 6:** Use the Hair Dryer to slowly heat all around the candle.

**Step 7:** Peel away the wax paper.

**Step 8:** Enjoy your personalized candle



## St. Patrick's Day Walking Rainbow

### Supplies

- ⇒ Six Paper Towels
- ⇒ Food Colouring (red, yellow, and blue)
- ⇒ Seven clear cups or jars
- ⇒ A spoon or stirring stick
- ⇒ Water

**Step 1:** Each cup will need its one paper towel. Fold and trim the paper towels so that they will rest easily into the cups. Like in the photo, you will want the paper towel to touch the bottoms of each cup, but not rise up too far out of the top.



**Step 2** Line up the cups in an arc to resemble a rainbow. Use a pitcher to fill cups 1, 3, 5, and 7. Leave cups 2, 4 and 6 empty because the next step involves adding food coloring

and stirring. Fill up the cups only half way. This will make the next step easier for stirring.

**Step 3:** Stir a few drops of red food colouring into cups 1 and 7. Stir a few drops of yellow food colouring into cup 3. Stir a few drops of blue food colouring into cup 5.



**Step 4:** Insert the folded paper towel into each cup as shown above, so that one end of the paper towel is in the cup with the coloured water and the other end is in an empty cup.

**Step Five:** You'll see the coloured water almost immediately starts climbing up the paper towels. Using your pitcher, carefully add more water to the cups with coloured water so they almost reach the top. Be sure to leave cups 2, 4 and 6 empty.

**Step Six:** Leave your cups alone for a couple of hours and when you return you'll have a rainbow!



# Expand Possibilities

Connect me with people and places that broaden my world.

- Inspire
- Broaden Horizons
- Connect

## Activity Suggestions:



### Play Geogusser

This game can be played on the internet at [geogussr.com](http://geogussr.com) where you can play for free once daily. You can also play on the phone app where you can play as many times as you want. This game puts you somewhere random in the world on the street view of Google maps. From here, you can explore the area you have been placed so that you can try and figure out where you are. Once you have an idea where you are you can put a marker on the map, and you will get points corresponding to where you are.



### Take Online Workshops Together

There are a number of free workshops online that matches can take together, whether it is educational or to learn a new skill.

### Visit the Highlights Kids Website

Visit the Highlights Kids website for a large variety of games and learning experiences that matches can do together!

<https://www.highlightskids.com/>



### Learn about a New Culture Together

Help expand each other's possibilities by learning about new cultures. If your match celebrates a different culture, teach each other about the values their families have. Share cultural recipes, languages and traditions that are important to each other. If neither of you have a culture you would like to share, agree on a culture to research together! For some inspiration, you can choose to learn about Indigenous Culture in Canada by taking free online courses through this link <https://www.humanrightscareers.com/magazine/3-free-online-courses-on-reconciliation-and-indigenous-education/>

