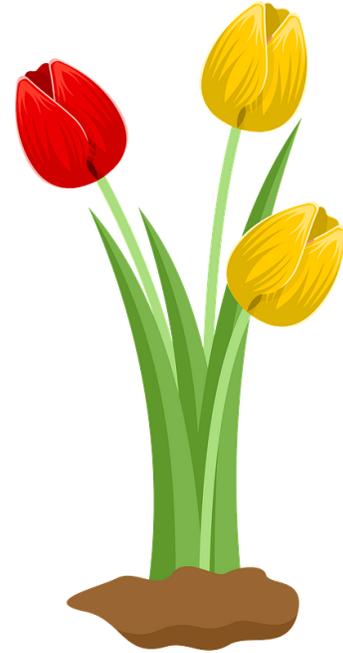




**Big Brothers
Big Sisters**
OF OXFORD COUNTY



May

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 **May** Delivery

- Fill out a supply request form through this link: <https://oxford.bigbrothersbigsisters.ca/mentoring-activity-supply-request/> no later than **Monday, May 10th**. 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:

Develop a Growth Mindset Toolkit

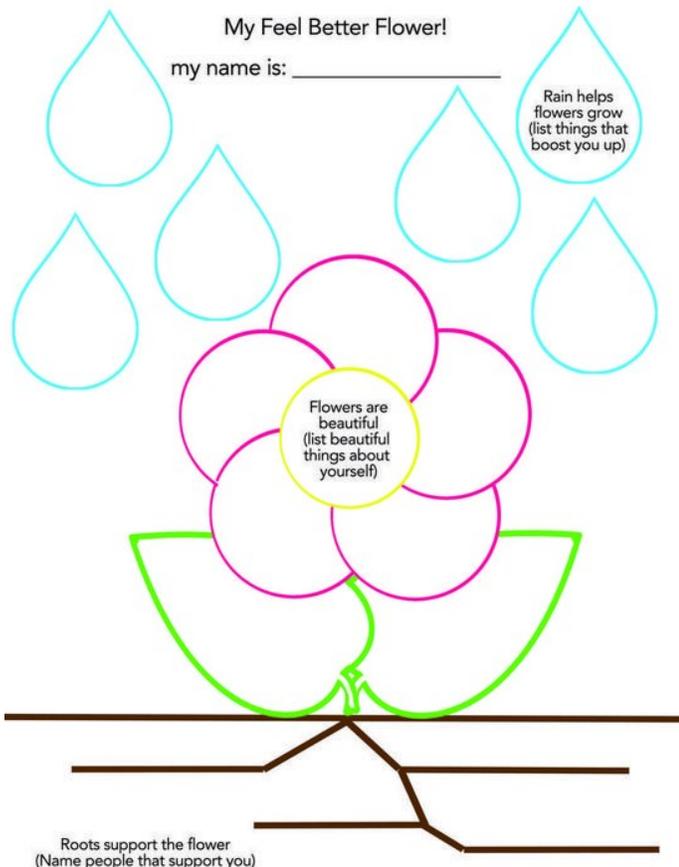
Supplies: Paper & Dice

Roll a dice and choose a subheading based on the number rolled. Then, practice in one of the activities under the subheading.

Create a Feel Better Flower

Supplies: Paper and coloured pencils or crayons

Copy the diagram below, making sure to include the description for the raindrops, flower and the roots. Encourage your mentee to fill out the diagram and share with you the important things to them. This is a good tool to talk about circle of supports!



GROWTH MINDSET

Top 3!

- Top 3 Goals For Your Future
- Top 3 Mistakes That Taught You Something
- Top 3 Goals For School
- Top 3 Things You Want To Learn More About
- Top 3 Accomplishments...So Far

True or False?

- Your brain gets "stronger" and smarter the more you challenge yourself.
- Most challenges are hard before they become easy.
- You believe that you can do tough things.
- Making mistakes helps you to learn.
- If something doesn't work out the first time, you usually give up.

Risk!

- Fixed Mindset or Growth Mindset? "I will never have any friends."
- Change to a growth mindset thought? "I can't understand this."
- Act out something you have gotten better at from practice and hard work.
- Change to a growth mindset thought? "I will never be as smart as her."
- Fixed Mindset or Growth Mindset? "I can learn from this mistake."

Complete It!

- "One step I can take to get closer to my hopes and dreams is..."
- "When I have to deal with a big problem, I sometimes feel..."
- "A strength of mine that I can still get better at is..."
- "One of the biggest challenges I have faced that taught me something was..."
- "Something I want to improve on is..."

What If...

- What if your friend said school is awful because it is so hard. How could you respond to them using a growth mindset?
- What if you couldn't figure out a math assignment, instead of giving up, what could you do instead?
- What if you wanted to learn how to play an instrument, what first steps would you take?
- What if you just made the All Star Basketball Team, what would you tell yourself using a growth mindset?
- What if every time you made a mistake in class you gave up, what would likely happen?

You Just...

- You just thought, "I give up!" Change the thought to a growth mindset one.
- You just lost your 3rd soccer game in a row. How can you respond using a growth mindset?
- You just got 100% on a test, what do you tell yourself using a growth mindset?
- You just said something to your friend that you regret. Using a growth mindset, what can you do now?
- You just worked really hard towards your goal, what did you do?

Practice Being Mindful:

Teach your mentee the value of being mindful. Practice the basic mindfulness exercise below and encourage your mentee to be mindful in their everyday life.

be mindful

NOW

 <p>Breathe In, Breathe Out - Feel the flow of the breath</p>	 <p>Be Aware of every Daily Activity (driving, texting, cleaning, etc.)</p>
 <p>Pay attention to all your Senses - for ex: notice the taste, texture of food.</p>	 <p>Go Outdoors - Walk Around in Nature</p>
 <p>Empty the Mind - Take a few moments to be still</p>	 <p>Forgive Yourself for every Negative Thought</p>
 <p>As soon as the Mind wanders, bring it back to your Breath</p>	 <p>Be Grateful - Say Thank You to Nature, People and Things.</p>
 <p>Practice Non-Judgemental Listening</p>	 <p>Go Easy on Yourself - with time, you will see the progress!</p>

www.authorhina.com

Understanding your Emotions through A Jar Full of Feelings:

Supplies: jar, pompoms of many colours

Set up: Separate the pompoms in to each colour.

Activity: Have your mentee assign a colour to each emotion they feel. Have your mentee fill the jar with pompoms to the level they feel their emotion is at during that time. As your mentee places different colours in the jar, discuss with them what causes that emotion. If your mentee is putting in a lot of pompoms of the same colour, talk to your mentee about why that feeling is stronger today. If the emotion is a negative one, discuss coping mechanisms. Once you discuss the emotion and work through it, ask your mentee if they are willing take any pompoms of that colour out of the jar. If the emotion is a positive one, discuss with your mentee how to create that emotion every day and discuss what activities create such a positive emotion.

This exercise helps your mentees feel validated and helps them understand where their emotions are coming from. This will help your mentee understand big feelings and mixed feelings.

A Jar Full of Feelings!

A SIMPLE SENSORY
REGULATION ACTIVITY THAT
HELPS CHILDREN GET IN
CONTROL OF THEIR EMOTIONS



CHALLENGE

Push me to keep getting better

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

Activity Suggestions:

Simon Says Fitness

Disguise a workout in the form of Simon Says Fitness. Use the "disguised" suggestions in the photo or come up with your own. Act as Simon, and get your mentee exercising by having them do movements such as jumping jacks, crab walks, or pretend jump rope. Switch it up and let your mentee give you exercises to do.

Six Hat Solution

When your mentee is feeling down, or if a situation comes up during conversation, try the Six Hat Solution with them. Have your mentee "try on" each coloured hat to help challenge them to think differently about the situation.

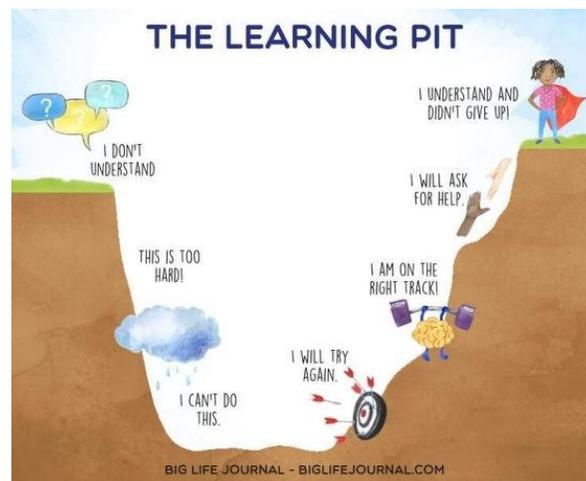
SIMON SAYS FITNESS DISGUISED AS FUN

Get your kids moving by playing Simon Says with these fun yet physical activities. You decide when or if you say "Simon Says"!

Shake your whole body.	Hold your arms out at your side and make circles with them in the air.	Reach behind you and try and hold your left foot with your right hand without falling over.
Jump up and down.	Hop on your left foot 10 times.	Lay on the floor and stretch out as far you can for 10 a count of 10.
Spin around in circles.	Hop on your right foot 10 times.	Pretend to shoot a basketball 10 times.
Do a cartwheel.	Hop around like a bunny.	Pretend to jump rope for a count of 10.
Do a somersault.	Balance on your left foot for a count of 10.	Pretend to ride a horse.
Wave your arms above your head.	Balance on your right foot for a count of 10.	Pretend to milk a cow.
Walk like a bear on all 4s.	Bend down and touch your toes 10 times.	Take 5 of the biggest steps forward that you can.
Walk like a crab.	Reach behind you and try and hold your right foot with your left hand without falling over.	Pretend to lift a car.
Hop like a frog.	Show off the muscles in your arms.	Scream.
Walk on your knees.		
Lay on your back & pedal your legs in the air like you are on a bike.		
Pretend to sit in an invisible chair 5 times - sit then stand, sit then stand, etc.		

SIX HAT SOLUTION

-  **LOOK AT THE SITUATION EMOTIONALLY**
What do your feelings tell you?
-  **LOOK AT THE SITUATION OBJECTIVELY**
What are the facts?
-  **USE A POSITIVE PERSPECTIVE**
Which elements of the solution will work?
-  **USE A NEGATIVE PERSPECTIVE**
Which elements of the solution won't work?
-  **THINK CREATIVELY**
What are some alternative ideas?
-  **THINK BROADLY**
What is the best overall solution?



Create your Own Learning Pit

Supplies: Paper, coloured pencils

Teach your mentee the cycle of learning by creating your own learning pit! Explain why each stage is important and how learning is not linear. After the learning pit is created, display it so you and your mentee can be reminded that sometimes "you'll have to try again!"

Egg Bouncy Ball Science Experiment

Supplies: Raw egg, glass and vinegar

Set up: Start with an observation of the egg, explain that it is a raw egg and that the shell is fragile, then ask questions about the egg. Ask if your mentee believes that the egg could become bouncy, write down predictions for the egg and follow the next steps.

Step 1: Carefully place the raw egg into a glass or a jar. Then fill the glass with white vinegar until the egg is completely submerged.

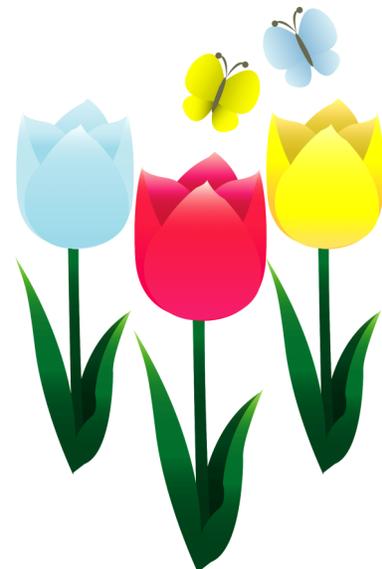
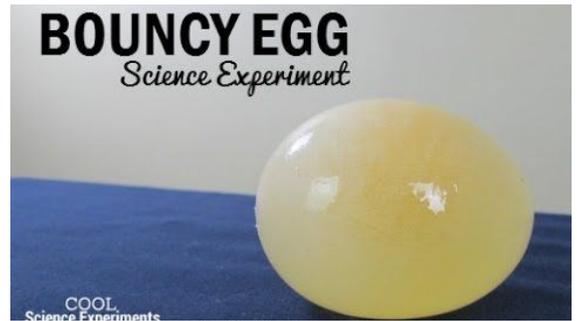
Step 2: Leave the egg in the glass for 2-3 days. Each day, check back on the egg. Make some observations, do you notice any changes? Is anything happening to the vinegar? Write down your observations each day.

Step 3: Carefully remove the egg from the glass and rinse it under some tap water. While rinsing the egg, gently rub the outside of the egg and the white film will come off leaving you with a translucent egg. Observe the egg. Does the egg look or feel different?

Step 4: Over a plate, or other container, lift the egg 1-2 inches in the air, let go and watch it bounce. Observe? Is this different than what you expected? Did it bounce? When you are ready for some messy fun, lift the egg a little higher in the air and... SPLAT!

The Science

The egg becomes bouncy as a result of a chemical reaction between the eggshell and the vinegar. The eggshell is made of calcium carbonate and vinegar is a weak acid. The egg shell reacts to the vinegar the way baking soda does (just a lot less violently). Once the shell is gone, all that is left protecting the egg is the membrane. The vinegar makes the membrane hard which makes the egg bouncy!



PROVIDE SUPPORT

Help me complete tasks or achieve goals

- Navigate
- Empower
- Advocate
- Set Boundaries

Activity Suggestions:

Mother's Day Card

Supplies: paper, markers, coloured paint, Q-tips.

Together you and your mentee can make Mother's Day cards for the important mothers, honorary mothers and grandmothers in your lives. Have your mentee create their own design or follow a design online. For inspiration, you could follow the Dandelion design in the photo. All you will need is a marker, different colored paint, Q-tips and a piece of paper. Encourage your mentee to share how grateful they are for the mother figure in their life.



MOTHER'S DAY DANDELION CARD

Banana Sushi

Supplies: Flour Tortilla, banana peel, peanut butter, Nutella

Spread peanut butter on one side of tortilla. Add a thin line of Nutella. Peel banana and straighten it a bit, place on top of Nutella. Roll tortilla up around the banana, trying to make it as tight as possible. Slice your "sushi" roll into 1/2-1 inch round and serve.



Write with Invisible Ink

Supplies: Lemon, small bowl, water, spoon, paintbrush and white paper.

Step 1: Cut the lemon in half, squeeze the lemon juice into your small bowl and remove any lemon seeds.

Step 2: Add a few drops of water to the lemon juice and stir with a spoon.

Step 3: Now that you have created the "ink", create a message with the ink on a piece of paper using your paintbrush

Step 4: Once the ink has dried, you can read the mystery message, you will need to hold the paper up to a heat source like a lamp— Watch as the invisible ink slowly becomes visible!



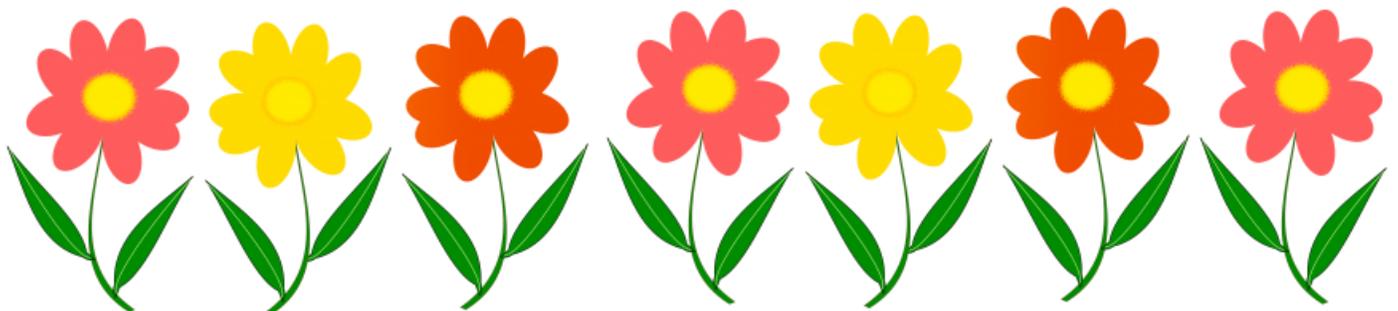
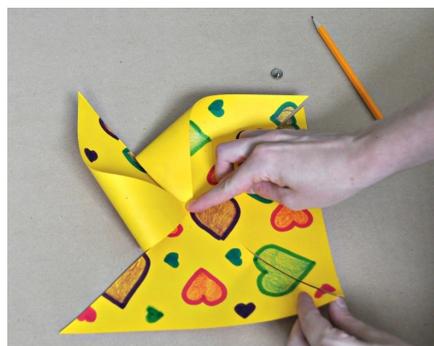
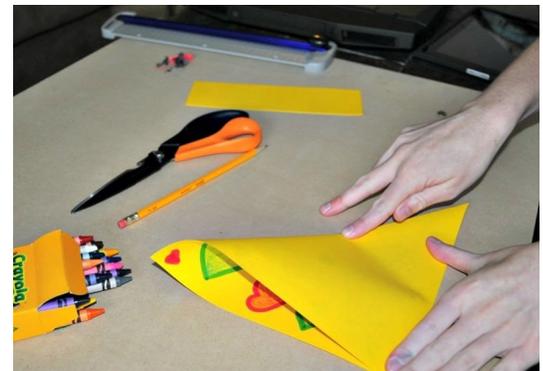
Paper Windmill

Supplies

- ⇒ Crayons or Markers
- ⇒ Pencil
- ⇒ Push Pin
- ⇒ Scissors

Instructions

1. Take your piece of paper and cut it into a perfect square. An easy way to do this is fold the paper into a triangle, taking one corner and linking it up to the other side. This will leave excess on one side that, once cut, gives you a square!
2. Decorate both sides of the paper with whatever design you desire. You can create a spring scene or just a fun design
3. Fold the paper diagonally so it turns into a triangle and crease it lightly. Repeat this for the opposite direction as well. You will then unfold and have a creased "X" on the page.
4. Cut along the crease about halfway to the middle of the paper. Be sure not to cut all the way.
5. Bend each corner into the middle. Make sure to bend and not fold.
6. Once all 4 corners are in the middle push the push pin through them all as well as the eraser on the pencil



SHARE POWER

Treat me with respect and give me a say

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

Activity Suggestions:

Pros & Cons Worksheet

Supplies: Paper and pencil

When a situation comes up with your mentee, and or they have a tough decision to make, help your mentee with the decision making process by creating a Pros & Cons list. Lead your mentee in deciding why the item belongs in the Pro or Con column. When you are done, your mentee should have a clear understanding of what their decision is.

PROS & CONS
Use this worksheet to help you create a pros and cons list about a decision you have to make. After each pro or con, rank (1-5) how important each one is for you. Add up the totals for each!

WHAT AM I TRYING TO DECIDE?

PROS << Why should I do this? >> How important is this to me?

1.	
2.	
3.	
4.	
TOTAL	

CONS << Why shouldn't I do this? >>

1.	
2.	
3.	
4.	
TOTAL	

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Play Board Games Online

There are several classic board games you can play online with your mentee! The website, has a great list of games that can be played online with your mentee. Let your mentee go through the list and pick their favourite game!

<https://www.boston.com/culture/entertainment/2020/03/18/board-games-online-with-friends>



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Goal Setting

Supplies: Paper and colored pencils

Guide your mentee through some of the goals. In the chart, you can see that they can set goals in specific categories: spiritual, social, physical and intellectual goals. This helps your mentee think about their future and making them with you helps keep them accountable. This activity shared with you what your mentee is interested and helps provide a purpose for their future. It is important to make sure when you make goals to make them S.M.A.R.T goals. You can see about this below.

I WILL GO & DO

Spiritual Goals	Social Goals
Physical Goals	Intellectual Goals

S Specific - State what you'll do - Use action words	M Measurable - Provide a way to evaluate - Use metrics or data targets	A Achievable - Within your scope - Possible to accomplish, attainable	R Relevant - Makes sense within your job function - Improves the business in some way	T Time-bound - State when you'll get it done - Be specific on date or timeframe
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Setting Boundaries

Supplies: paper and pencil

Guide your mentee through a “setting boundaries” activity. If you and your mentee have not talked about your boundaries with each other yet, start with each other as the first person to discuss boundaries with.

Work through the worksheet with the people in your mentees life that they struggle with. Discuss with them all of the questions and how they are going to keep the boundaries in place.

To help get them to open up, you can share an example from your life with boundaries you have set or people in your life that need extra boundaries at times.

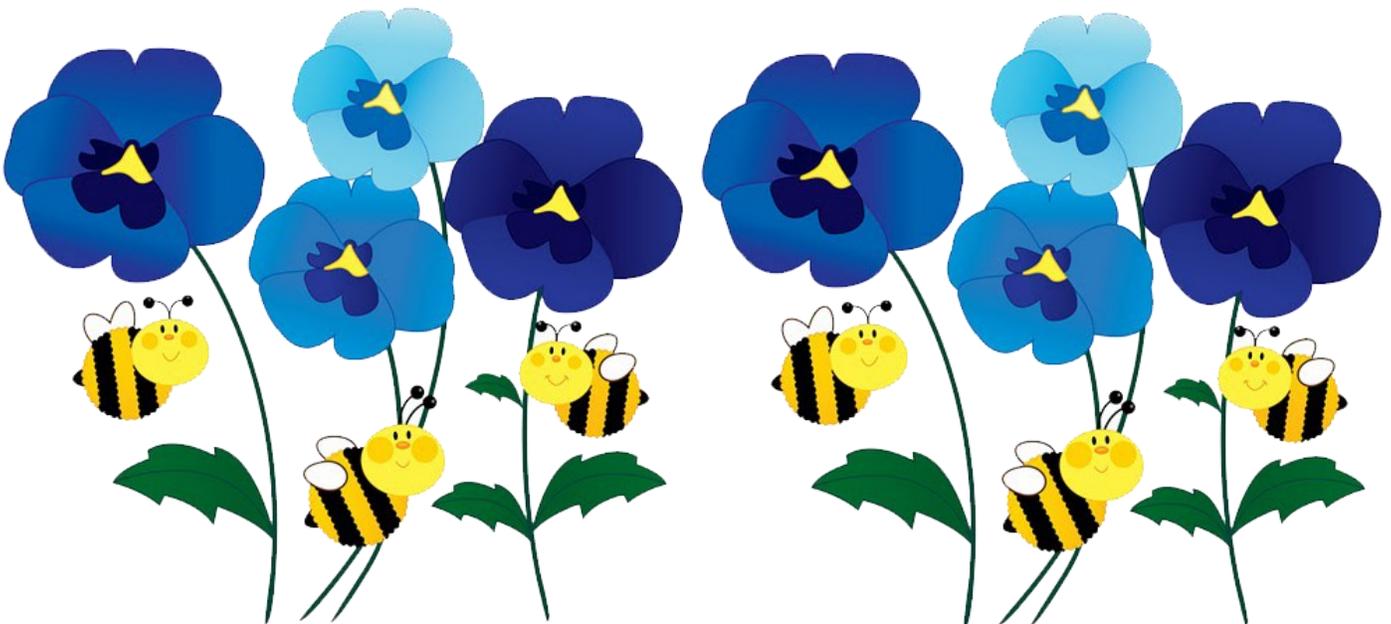
Setting Boundaries

What IS A BOUNDARY?
A boundary is an invisible “barrier” between you and other people – limits beyond which you will not go and beyond which others are not welcome.
It is healthy to have a good sense of where your feelings and opinions start and stop, and where the other person’s feelings and opinions start and stop.
It is especially important to know how to set boundaries with “difficult” people – particularly with those individuals who are critical, controlling, manipulative, demanding or aggressive.

How DO I COMMUNICATE MY BOUNDARIES TO OTHER PEOPLE?
Here are some words to use:
I HAVE A PROBLEM WITH THAT. _____
I DON'T WANT TO . . . _____
I'VE DECIDED NOT TO . . . _____
THIS IS WHAT I NEED. _____
THIS IS HARD FOR ME TO SAY . . . _____
I UNDERSTAND YOUR POINT OF VIEW BUT _____
I FEEL UNCOMFORTABLE ABOUT . . . _____
I'D RATHER NOT. _____
YES, I DO MIND. _____
I'D PREFER NOT TO . . . _____
IT'S IMPORTANT TO ME. _____
I'LL THINK ABOUT IT. _____
THAT'S UNACCEPTABLE. _____
I GUESS WE SEE IT DIFFERENTLY. _____

Who DO I NEED TO BE ESTABLISHING CLEAR BOUNDARIES WITH?

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Expand Possibilities

Connect me with people and places that broaden my world.

- Inspire
- Broaden Horizons
- Connect

Activity Suggestions:

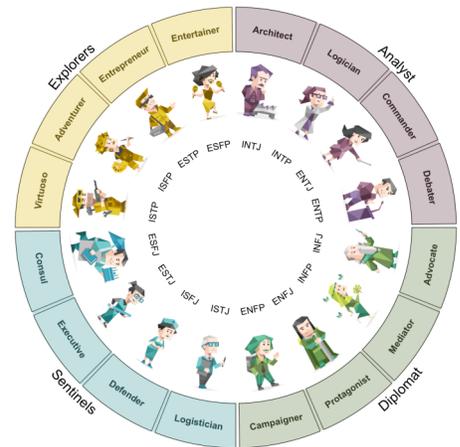
Kline Creative Art Classes

Take online art classes together on the Kline Creative website. Kline offers 14 lessons in how to draw. These classes are for beginners of any age. You can check out these courses at: <http://www.klinecreative.com/free-online-art-lessons.htm>



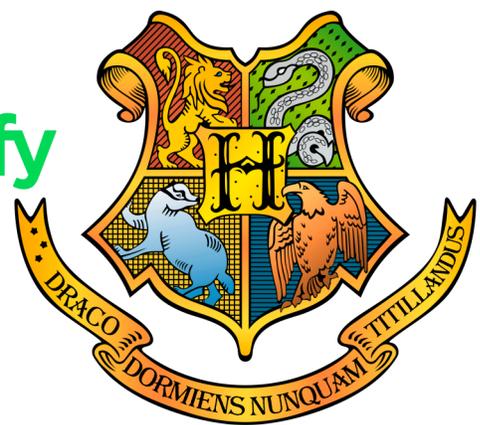
Take a Personality Test

Take a free online personality test to learn more about who you and your mentee are. Through this personality test learn about career options and interests. You and your mentee can also learn about the famous people who have the same personality types. You can take the 16Personalities Test at: <https://www.16personalities.com/free-personality-test>



Expand your Music Taste

You and your mentee can share what type of music you are both interested in. Compare your music taste and challenge each other to listen to new things. If you have the same taste in music, challenge each other by picking a new genre of music for each other. You and your mentee can create one playlist of each other's songs, or create two playlists for each other to listen to between your meets!



Take Classes at Hogwarts Witchcraft and Wizardry

If you are tired of your everyday classes and want to learn something new. Try taking classes at Hogwarts! You can take courses from each year at Hogwarts, even some extra curricular courses! Learn new things and have fun doing it! <http://www.hogwartsishere.com/courses/>