



Big Brothers
Big Sisters
OF OXFORD COUNTY



July

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 July 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 July.

For a **July** Delivery

- Fill out a supply request form through this link: <https://oxford.bigbrothersbigsisters.ca/mentoring-activity-supply-request/> no later than **Monday, July 12th**. 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.

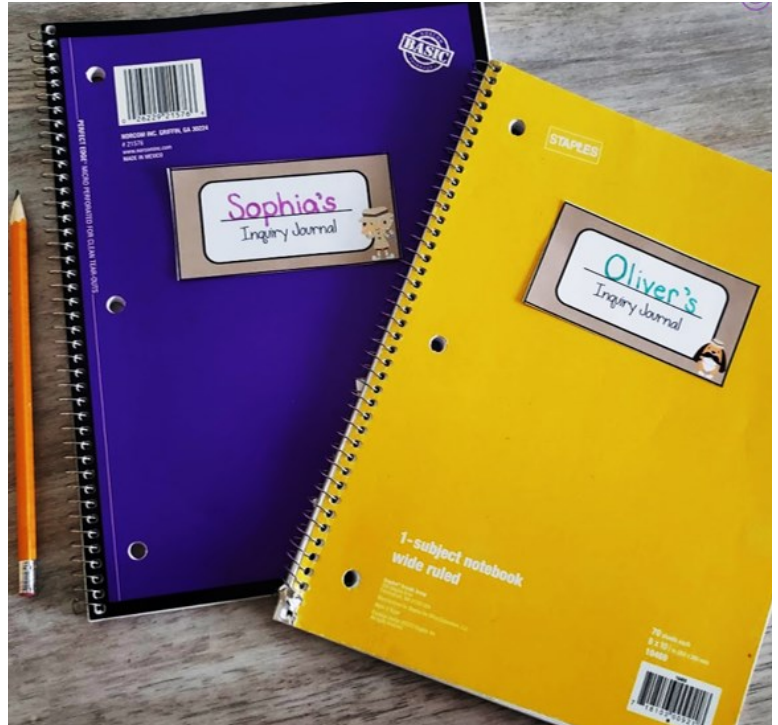
- Be dependable
- Listen
- Believe in me
- Be warm
- Encourage

Activity Suggestions:

Inquiry Journals

Supplies: Notebook, pencil

Create an Inquiry journal with your mentee where they can ask one questions every meet. Between visits you and your mentee to can look up the answers to your "Inquiry" and start your next meeting with a show and tell of your previous inquiry.



5-4-3-2-1 Mindfulness

Supplies: Template below or your own

Create a mindfulness routine with your mentee when they are feeling upset or anxious. Follow the steps in the template to complete the rainbow 5 senses breathing activity.

Trace and Breathe

Trace along the rainbow with your finger as you breathe in and out



5-4-3-2-1 Mindfulness

List...

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

www.beautyandthebumpnyc.com

12 Ways to Show Kindness

We all know kindness goes a long way, and we can never be too kind! Continue to work with your mentee on showing them how to be kind and demonstrating what it means to show kindness.



Feelings Uno

Supplies: Uno Cards

Play a fun game of Uno with your mentee but with a twist! In this version of Uno, you will play "Feelings Uno". Feelings Uno associates a feeling to each colour in the deck. When you or your mentee play that colour you must identify a scenario in which a person might feel the associated colour. This helps your mentee both identify their feelings and learn how other individuals may react to situations.

FEELINGS UNO

INSTRUCTIONS

FEELINGS UNO is played using a regular deck of UNO® cards and standard playing rules.

When a player discards on their turn they must identify a scenario in which a person might feel the identified feeling based on the card color.

Example: When a player discards a yellow card, they must identify a scenario in which a person might feel happy. Such as, "Someone might feel happy when they are playing with their friends at recess."

Example: When a player discards a red card, they must identify a scenario in which a person might feel angry. Such as, "Someone might feel angry when their sibling calls them a mean name."

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FEELINGS UNO

RED.....ANGRY

GREEN.....LONELY

YELLOW...HAPPY

BLUE.....SAD

WILD.....SCARED

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Strengths and Qualities Worksheet

Supplies: Paper

Help build your mentee's self-esteem and encourage them to think positively about themselves by completing the "My Strengths and Qualities" worksheet. You can help demonstrate to your mentee the positive nature of this worksheet by completing it with them. When your mentee has shared that they are having a bad day, you can revert back to this worksheet to help encourage them.



My Strengths and Qualities

<p>Things I am good at:</p> <p>1 _____</p> <p>2 _____</p> <p>3 _____</p>	<p>Compliments I have received:</p> <p>1 _____</p> <p>2 _____</p> <p>3 _____</p>
<p>What I like about my appearance:</p> <p>1 _____</p> <p>2 _____</p> <p>3 _____</p>	<p>Challenges I have overcome:</p> <p>1 _____</p> <p>2 _____</p> <p>3 _____</p>
<p>I've helped others by:</p> <p>1 _____</p> <p>2 _____</p> <p>3 _____</p>	<p>Things that make me unique:</p> <p>1 _____</p> <p>2 _____</p> <p>3 _____</p>
<p>What I value the most:</p> <p>1 _____</p> <p>2 _____</p> <p>3 _____</p>	<p>Times I've made others happy:</p> <p>1 _____</p> <p>2 _____</p> <p>3 _____</p>

CHALLENGE

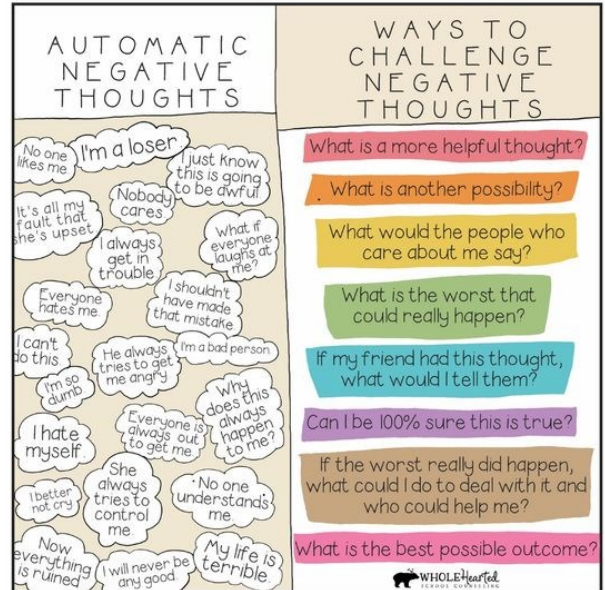
Push me to keep getting better

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

Activity Suggestions:

Challenge Negative Thoughts

Help challenge your mentees negative thoughts and negative comments towards themselves by finding ways to rephrase them or find "helpful" thoughts. Use the diagram to the right to help guide your mentee to think more positively. You could have your mentee right down their negative thoughts the rewrite them in a positive manner.



10 GAMES TO IMPROVE EXECUTIVE FUNCTIONING SKILLS

1	BLURT (self-control, metacognition)
2	SCRABBLE (planning, organization)
3	PICTIONARY (flexibility, time management)
4	DISTRACTION (working memory, attention)
5	5 SECOND RULE (time management, task initiation)
6	FREEZE (self-control, attention)
7	JENGA (self-control, flexibility, planning)
8	BRAINTEASERS (perseverance, flexibility)
9	CHESS (planning, flexibility, working memory)
10	SODUKU (perseverance, working memory)

Games to Improve Executive Functioning Skills

Supplies: [the associated game](#)

Help build executive functioning skills in your mentee by playing one of the many suggested games. Have fun, while still building important skills in your mentee!

Repairing the Damage You've Done

Supplies: [paper](#)

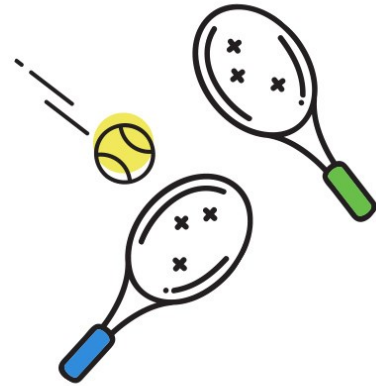
Help your mentee think about other individual's feelings and work through how they can say they are sorry and ask for forgiveness. The first step is identify who they have hurt and how they have hurt them. Encourage your mentee to share these feelings with the person they hurt and take accountability for their actions.



Learn Tennis at Home:

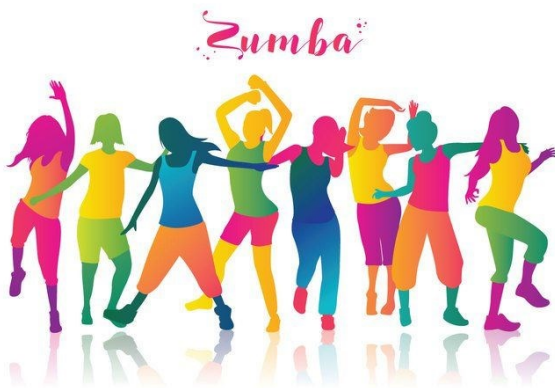
Supplies: Tennis racket, tennis ball

Go to: <https://netgeneration.usta.com/us-en/tennis-at-home.html> and work with your mentee to learn many tennis skills over Zoom in your own home! Challenge your mentee to work on their skills over the next week and test how far they have come when you meet back up!



Take Virtual Zumba Classes on Youtube

Workout in a fun way by doing free Youtube Zumba classes!



Youtube Tutorials:

Pick something you and your mentee are both interested in learning and find a tutorial online! Examples: Make-up, nail art, gardening, video editing, ext.



Hovercraft Science Experiment:

Supplies: Old CD, pop bottle lid, glue gun and glue stick, thumb tack, balloon.

Step 1: puncture a whole bunch of holes in the top of the bottle cap

Step 2: glue the cap to the center of the CD, making sure to cover the hole and secure it tightly.

Step 3: Blow up the balloon and twist the end to make sure the air stays in. Put the edge of the balloon over the bottle cap and let go of the balloon.



Have your mentee make predictions before hand of how they think the balloon and CD are going to move.



PROVIDE SUPPORT

Help me complete tasks or achieve goals

- Navigate
- Empower
- Advocate
- Set Boundaries

Activity Suggestions:

Conflict Scenarios

Work on conflict resolutions and conflict scenarios with your mentee to help them overcome situations. Come up with your own scenarios that they struggle with or use some suggested scenarios.

CONFLICT SCENARIOS

Your friend is someone that you are annoyed. How do you work it out?	is running against you for school council president. How do you work it out?	embarrassing picture of you on social media without asking. How do you work it out?	against your classmate's team and now he's telling everyone that you're a bad player. How do you work it out?
A classmate wrote a rude comment about you on your notebook. How do you work it out?	Your friend invited everyone over on Friday except for you. How do you work it out?	One of your classmates started a rumor about you. How do you work it out?	Your best friend told someone something you asked her to keep private. How do you work it out?
Your friend didn't come to your birthday party and didn't tell you why. How do you work it out?	Your friend didn't want to work with you on a partner project. How do you work it out?	Your classmate made fun of you for wanting to try out for the school play. How do you work it out?	Your friend hasn't responded to any of your text messages. How do you work it out?
You overheard your classmate making fun of your clothes. How do you work it out?	Your classmate told someone you said something mean but you didn't. How do you work it out?	Your classmate called you a mean name when you won an award for good grades at school. How do you work it out?	You found out that your friend lied to you. How do you work it out?

SOCIAL-EMOTIONAL ART CHOICE BOARD

DRAW a picture of a time when you HELPED someone.	USE 2-D or 3-D materials to DESIGN or BUILD your DREAM SCHOOL!	DRAW a picture of what you LOVE MOST about YOURSELF .	DRAW a MAP of what your FEELINGS looked like today.	Make a WORRY DOLL to whisper your worries to.
WRITE or DRAW your top 5 WISHES . Find or CREATE a special place to put them in!	DRAW a picture of something you want to CHANGE in the WORLD .	INVENT your own ?	use sidewalk CHALK to write or draw messages of KINDNESS for your neighbors.	DRAW yourself as a SUPERHERO . What SUPER POWERS do you want most right now?
DRAW something that's HARD . Keep trying even when it gets CHALLENGING .	CREATE a COMIC STRIP that shows a DAY IN THE LIFE of REMOTE LEARNING .	Go on a WALK and pick up bits of NATURE along the way. At the end of your walk make a SCULPTURE with what you found!	How do you FEEL right now? Make an artwork of the colors and images that come to mind.	CREATE a COLLAGE that represents YOU using pictures/words from magazines and newspapers.

Social Emotional Art

Supplies: art supplies

You and your mentee can discover different ways to show your emotions through drawing. Get creative with your mentee and encourage them to open up in an artistic way!

Bubble Breathing

1. Imagine you have a wand to blow bubbles.
2. Take a deep breath in through your nose.
3. Slowly breathe out through your mouth as if you are blowing a bubble through a wand.
4. Repeat as many times as necessary.

THE ENCOURAGING CLASSROOM

Bubble Breathing

Teach your mentee some mindfulness breathing skills to help when they are anxious or upset. Try to teach your mentee the "Bubble Breathing" activity where they pretend they are breathing bubbles. Remind your mentee to not breath too hard or they would "pop the bubble". If the bubble technique does not work, you can try many other breathing techniques at: <https://luckylittlelearners.com/breathing-techniques-for-kids/>

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Scream Box

Supplies

- ⇒ Cereal box
- ⇒ Cardboard tube from Paper Towel roll
- ⇒ Old newspaper or regular paper
- ⇒ Tape
- ⇒ Construction Paper or wrapping paper
- ⇒ Decorative items (markers, pencils, glitter)

A vent box is a fun and active way to vent out some emotions such as anger, fear and stress. While there are many coping methods that could be used for these emotions, sometimes all you need to do is scream!



Instructions

1. Pack the cardboard tube and the cereal box full of paper. This helps to muffle the sound when you scream
2. Cut a whole in the top of the box just big enough for the tube to fit it in
3. Insert the tube into the hole and tape all the way around the area where the tube meets the box.
4. Decorate your box however you would like

Using the box is also pretty simple. When you are frustrated or angry or stressed and your usual calming down techniques wont work, just pull out you box and scream into the cardboard tube! It doesn't totally eliminate sound, but it will muffle your scream.

Different Perspective Activity

Teach your mentee the benefit of learning different perspectives. Brooke shares that there are 5 key benefits of teaching youth perspectives. The 5 key benefits are that youth will learn are:

1. Critical Thinking
2. Problem Solving
3. Tolerance
4. Flexibility
5. Empathy

DIFFERING PERSPECTIVES		Name: _____	Date: _____
PERSPECTIVE OF:		PERSPECTIVE OF:	
THOUGHTS:		THOUGHTS:	
FEELINGS:		FEELINGS:	
ACTIONS:		ACTIONS:	

To learn more about how to use the "Different Perspective" worksheet and how you can build and encourage the 5 key benefits of perspective taking, follow this link: <https://www.litinfocus.com/5-key-reasons-teach-differing-perspectives/>

SHARE POWER

Treat me with respect and give me a say

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

Activity Suggestions:

Become a Problem Solving Detective

Teach your mentee how to become their own Problem Solving Detective so they can learn how to solve the problems in their life on their own.

Shannon Suggests that there are 4 ways to categorize the size of a problem:

1. How long the problem will last
2. How many people the problem affects
3. If people get hurt from the problem
4. How easy the problem is to solve

Learn more about teaching your mentee how to problem solve on their own by following: <https://speechymusings.com/2015/02/23/size-of-the-problem-activities/>



Learn a TikTok Dance

Supplies: Tiktok

With the your mentee's guardian's permission, learn a TikTok dance with your mentee! Let them pick the dance and learn it together! You can film yourselves doing it over Zoom or separate and stitch the dances together!



Write a Story Together

Write a story with your mentee using the short story plot generator. This generator asks you random questions that will end up turning into a story. You can share your screen and have your mentee answer the questions and create the story! You can use the generator at: <https://www.plot-generator.org.uk/story>

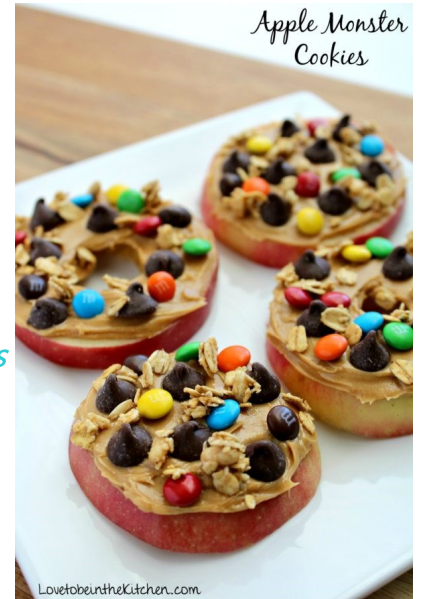
Apple Monster Cookies

Supplies:

- ⇒ Apples
- ⇒ Peanut Butter (or alternative)
- ⇒ Chocolate Chips
- ⇒ M&M's
- ⇒ Granola
- ⇒ Other topping ideas: shredded coconut, chia seeds, dried fruits, nuts

Apple cookies are a healthy alternative to cookies.

1. Cut apples horizontally creating circle shapes. Cut out the core in the center.
2. Spread peanut butter on sliced apples then top with chocolate chips, M&M's and granola or other desired toppings
3. Put in the fridge and eat chilled!

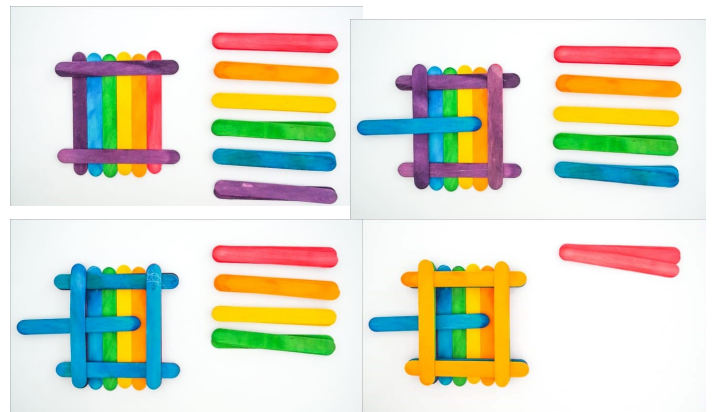


Popsicle Stick Bird Feeder

Supplies: Coloured craft sticks, glue gun or wood glue, twine, bird seed.

Instructions:

1. Build the base of the bird feeder, start by laying out six sticks next to each other, this will be the bottom of the bird feeder.
2. Glue two sticks across the six base sticks towards the end of each side of the sticks, this will hold the base together
3. Add glue dots to the four corners of your sticks, place sticks on top in the opposite direction.
4. For the perch, add glue to the middle of the craft stick then glue to the opposite direction of the last sticks you glued.
5. Continue gluing sticks around the outside
6. Add your rope by cutting your rope or twine into four pieces, each about 2 feet long
7. Tie each piece to the corner of the popsicle stick one level down, this will distribute the weight of the filled bird feeder, tying together at the top.
8. Fill the center with bird feeder and hang it outside a window to watch the birds eat!



Read more about how to make the bird feeder at: <https://www.madewithhappy.com/popsicle-stick-bird-feeder/>

Expand Possibilities

Connect me with people and places that broaden my world.

- Inspire
- Broaden Horizons
- Connect

Activity Suggestions:

Zorra Scottish scavenger hunt and Tartan the Township
You and your mentee can participate in the virtual Zorra Scottish scavenger hunt on July 1, from 9:00am to 3:00pm! Learn more about the event on their Facebook page: <https://www.facebook.com/Township-of-Zorra-1475527536047957/>



Educate Yourself on Indigenous Culture

You and your mentee can learn a lot about Indigenous culture by watching pre-recorded webinars on the First Nations, Métis & Inuit Education Association. Check out the different ways you can educate yourselves by following this link: <http://www.fnmieao.com/events/>



Walt Disney World Virtual Tours

Check out many tours around Walt Disney world by following this link: <https://disneyparks.disney.go.com/blog/2018/03/disney-parks-launches-first-ever-360-degree-panoramas-on-google-street-view/>



Check out the National Aquarium Virtual Tour

Learn about Aquarium life during a virtual tour of the National Aquarium! Take a tour at: <https://aqua.org/media/virtualtours/baltimore/index.html>

Watch an Educational Film

You and your mentee can watch a documentary or a blockbuster film on an educational topic! Pick from movies celebrating Pride, diversity or movies that teach important lessons! You see a list of movies that teach important lessons by following: <https://www.cheatsheet.com/entertainment/movies-that-teach-important-life-lessons.html/> Movies that celebrate Pride at: <https://mashable.com/article/lgbtq-movies> and movies that celebrate diversity: <https://theeverymom.com/movies-that-celebrate-diversity-to-watch-as-a-family/>



Resources

Express Care:

Inquiry Journals: https://secondgradesmiles.com/inquiry-based-learning-with-a-wonder-wall/?utm_medium=social&utm_source=pinterest&utm_campaign=tailwind_smartloop&utm_content=smartloop&utm_term=45752512

Mindfulness Rainbow: <https://beautyandthebumpnyc.com/2020/09/5-fun-mindfulness-activities-for-kids-free-printables.html>

12 Ways to Show Kindness: <https://www.thepathway2success.com/teaching-kindness-with-a-free-activity/>

Strengths and Qualities Worksheet: <https://www.therapistaid.com/therapy-worksheet/my-strengths-and-qualities>

Feelings Uno: <https://www.pinterest.ca/pin/406168460145640473/>

Challenge Growth:

Challenging Negative Thoughts: [https://www.teacherspayteachers.com/Product/Challenge-Automatic-Negative-Thoughts-Cognitive-Behavioral-Therapy-Free-Poster-5219624?](https://www.teacherspayteachers.com/Product/Challenge-Automatic-Negative-Thoughts-Cognitive-Behavioral-Therapy-Free-Poster-5219624?epik=dj0yJnU9Q3M4NTZGTWZDbXdISEdKWjBSYmhvZ1RoZlVBVkpZnYmcD0wJm49VFJla0NXWjNRdXVOTnduY1lpcDJVZyZ0PUFBQUFBR0RVcGtj)

[epik=dj0yJnU9Q3M4NTZGTWZDbXdISEdKWjBSYmhvZ1RoZlVBVkpZnYmcD0wJm49VFJla0NXWjNRdXVOTnduY1lpcDJVZyZ0PUFBQUFBR0RVcGtj](https://www.teacherspayteachers.com/Product/Challenge-Automatic-Negative-Thoughts-Cognitive-Behavioral-Therapy-Free-Poster-5219624?epik=dj0yJnU9Q3M4NTZGTWZDbXdISEdKWjBSYmhvZ1RoZlVBVkpZnYmcD0wJm49VFJla0NXWjNRdXVOTnduY1lpcDJVZyZ0PUFBQUFBR0RVcGtj)

Skill Building Games: <https://www.thepathway2success.com/games-to-improve-executive-functioning-skills/>

Repairing the Damage You've Done: https://www.makebeliefscomix.com/printables_categories/feelings/

Learn Tennis at Home: <https://netgeneration.usta.com/us-en/tennis-at-home.html>

Hovercraft Science Experiment: <https://deceptivelyeducational.blogspot.com/2014/05/how-to-make-hovercraft.html>

Provide Support:

Conflict Resolution: <https://www.pinterest.ca/pin/584131014173073158/>

Social Emotional Art: <https://i.pinimg.com/originals/0f/d0/45/0fd045db1fd65b0daf8a41441222b4f9.jpg>

Bubble Breathing: <https://luckylittlelearners.com/breathing-techniques-for-kids/>

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Scream Box: <https://hope4hurtingkids.com/emotions/coping-skills/scream-box/>

Different Perspectives: <https://www.litinfocus.com/5-key-reasons-teach-differing-perspectives/>

Share Power:

Problem Solving Detective: <https://speechmusings.com/2015/02/23/size-of-the-problem-activities/>

Story Generator: <https://www.plot-generator.org.uk/story>

Apple Monster Cookies: <https://lovetobeinthekitchen.com/2016/09/13/apple-monster-cookies/>

Bird Feeder: <https://www.madewithhappy.com/popsicle-stick-bird-feeder/>

Expand Possibilities:

Zorra Township Facebook Page: <https://www.facebook.com/Township-of-Zorra-1475527536047957/>

FNMIEAO: <http://www.fnmieao.com/events/>

Walt Disney World Tours: <https://disneyparks.disney.go.com/blog/2018/03/disney-parks-launches-first-ever-360-degree-panoramas-on-google-street-view/>

National Aquarium Tour: <https://aqua.org/media/virtualtours/baltimore/index.html>