



Big Brothers
Big Sisters
OF OXFORD COUNTY



June 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 June 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 June.

For a **June** Delivery

- Fill out a supply request form through this link: <https://oxford.bigbrothersbigsisters.ca/mentoring-activity-supply-request/> no later than **Monday, June 14th**. 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:

Ask Open –Ended Questions

If you are having a hard time having conversations with your mentee, ask them some open-ended questions to help start conversations and provide them opportunities to respond.

Mood Music

Supplies: phone or computer/ paper and pen

We all know the effect one song can have on our mood! Create a Mood Changing Playlist to help your mentee cope with their emotions through music!

Mood Music

Music can be very powerful. Sometimes we use it to change our moods, and other times we choose songs that can relate to how we're feeling in the moment. Use this worksheet to share about music and how it may impact your mood.

A song I listen to when I'm feeling angry... _____

A song that I listen to when I'm feeling sad... _____

My favorite musical group of all time... _____

A song that makes me dance every time... _____

My favorite place to listen to music... _____

A song that best describes me... _____

My favorite song lyric of all time... _____

A song that gets me pumped up... _____

My favorite musician of all time... _____

A song that reminds me of my favorite person... _____

A musician that I can't stand to listen to... _____

A song that calms me down when I'm anxious... _____

My guilty pleasure song... _____

A song I can listen to on repeat all day... _____

A song that makes me feel good about myself... _____

A song that has made me cry... _____

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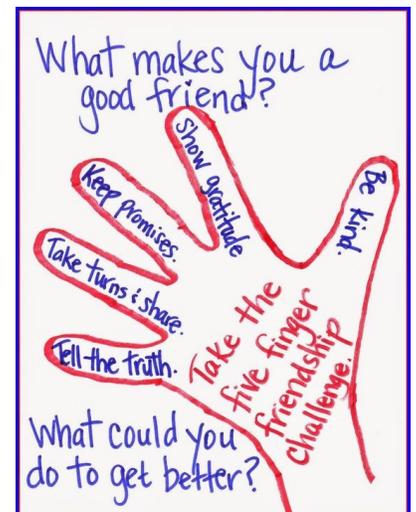
OPEN-ENDED QUESTIONS

- WHAT WAS YOUR FAVORITE PART OF THE DAY? WHY?
- WHAT DO YOU LIKE ABOUT SCHOOL? WHY?
- HOW ARE YOU PLANNING TO DO THAT?
- WHAT MAKES A NICE FRIEND?
- WHAT ARE YOU MOST EXCITED ABOUT WITH (THE PARTY / THE SCHOOL PERFORMANCE / GOING TO THE RESTAURANT / ETC)?
- WHAT COULD WE HAVE DONE INSTEAD?
- WHAT ELSE CAN YOU USE?
- WHAT MAGIC POWER DO YOU WISH YOU HAD? WHY?
- WHAT DID YOU LIKE THE MOST ABOUT THE WEEKEND? WHY?
- HOW ARE THESE THE SAME / DIFFERENT?
- IF YOU COULD GO ANYWHERE, WHERE WOULD YOU GO? WHY?
- HOW DOES IT WORK?
- WHAT DOES THIS REMIND YOU OF? WHY?
- WHAT DO YOU THINK THIS BOOK IS ABOUT?
- HOW DID THAT HAPPEN?
- SHOW ME WHAT YOU CAN DO WITH IT.
- WHAT'S ONE GOOD THING YOU'RE REALLY GOOD AT?
- WHY DID YOU CHOOSE (THAT BOOK / THAT SHIRT / THAT TOY)?
- TELL ME WHAT HAPPENED.
- WHAT ARE YOU THANKFUL FOR TODAY? WHY?

Five Finger Friendship Challenge |

Supplies: paper & markers

You and your mentee can both take the Five Finger Friendship challenge to see how good of friends you are!

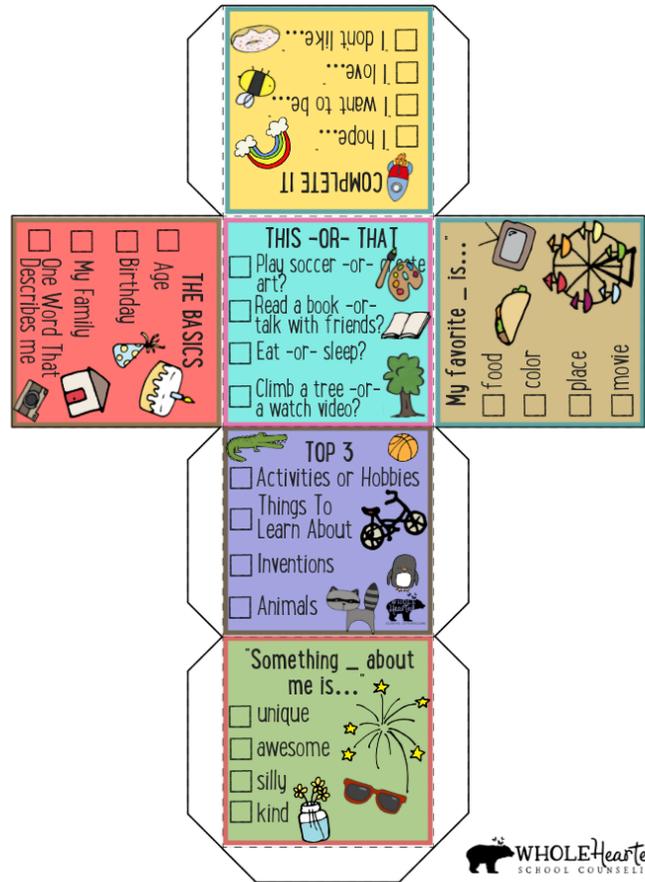


Create a Conversation Cube

Supplies: Paper, coloured pencils, scissors, glue

Use one of many online templates for a cube. Cut out the cube and work together to create the questions for each side of the cube (suggestion: use some of the previous open-ended questions). Once you have your questions, decorate your cube and glue together. Take turns throwing the cube and asking each other questions!

the Getting To Know You conversation cube



About my Dad

My Dad's name is _____
 My Dad is really good at _____
 I love my Dad more than _____
 My Dad taught me how to _____
 My Dad's favorite thing to do is _____
 My Dad can do amazing things! He can _____
 faster than anyone.
 He makes the best _____
 When I feel sick, he _____
 We always play _____
 He likes to eat _____
 He likes to drink _____
 He cooks the yummiest _____
 Dad's job is _____
 He makes me so happy when _____
 He can fix _____
 I love it when he _____
 Dad and I like to _____ together.
 Dad likes to say, " _____ "
 My Dad really loves _____
 If I could go anywhere in the world with my Dad,
 we would go to _____
 I love my Dad because _____

By _____ - grade
 Date _____

WHOLEHearted SCHOOL COUNSELING

About My Dad Activity

Supplies: Paper

Create an "About my dad" activity in spirit of Father's on June 20, 2021. Ask your mentee questions about their dad and have them write down the information! This can be done for any father-like figure and grandfathers and then be gifted 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:

25 Day Drawing Challenge

Supplies: Paper, pencils, coloured pencils

Challenge yourself and your mentee to learn a new skills, or have fun with a skill you are already developing! You and your mentee can draw a picture every day and do a show and tell of the weeks drawings to keep each other accountable. Or instead of the 25 day challenge you could adapt the challenge to the "25 Week" challenge and do one drawing each time you meet!

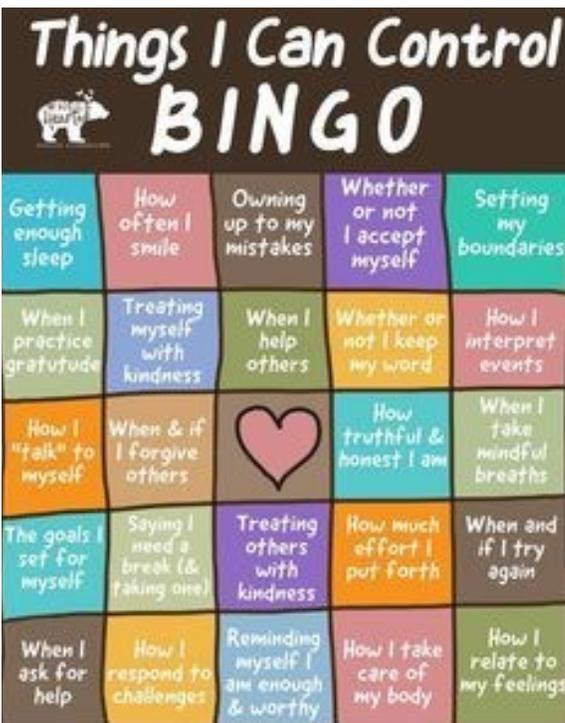


Things I Can Control Bingo

Supplies: paper and pencil

There are many things in our lives that we cannot control and with the COVID-19 pandemic, they are seeming endless. Work with your mentee to discuss the things you can control. Help your mentee focus on the positive things that

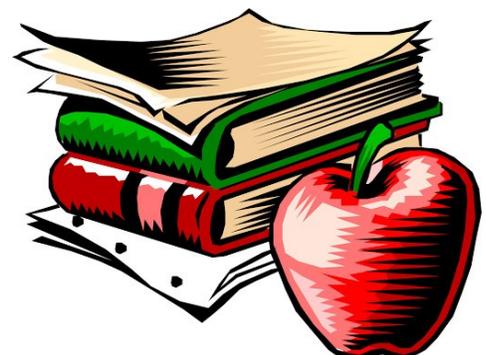
they change and positive things they can put into the world!



Homework Help!

Supplies: homework!

As we are getting closer and closer to the end of the school year—help focus your mentee on their school work! Hold them accountable to get it done even on the days you are meeting! Ask them how their online classes are going and see if there are ways you can help them continue to learn and grow in the school year!



Basic Life Skills

Help your mentee work on their basic life skills!

Life skills can be a large range of things that are important for your mentee to know when they go off into the world on their own! Work through a list of basic life skills together!

Life Skills List:

Laundry—does your mentee know how to do their own laundry? Walk them through the steps, showing them what you do and guiding them through on their end!



Money & Budgeting—talk with your mentee about what they spend their money on and if they are looking to save for something. Work with your mentee to create a budget and how to stick to it. Each meeting ask them if they stuck to their weekly budget.

Cooking & Food Skills—What are your mentee’s favourite meals? With their parent’s permission, teach your mentee how to cook their favourite meals, teach them about healthy options and what to look for in the grocery store. Work with mentee to create a personal “Match Cookbook” of recipes you both enjoy and can make in your own homes over Zoom!



Personal Grooming—May come as common sense to many of us but we are not all taught how to take care of ourselves. Check-in with your mentee, do they know how to and how regularly to brush their teeth, their hair, take a shower? If needed, teach them the important of taking care of their hygiene, especially during puberty.

Cleanliness—as important as it is to take care of yourself it is also important to take care of your surroundings. Have a cleaning day with your mentee where you both clean your homes at the same time! Teach them the importance of dusting and vacuuming, mopping the floors, keep thing bathroom and kitchen clean and disinfected, teach them to eliminate clutter in their own rooms.



Social Skills—work on social skills with your mentee, including perusing new hobbies and interests, learning to develop and maintain friendships, valuing relationships and how to respect people and their views, regardless if they match yours!

Organizational Skills—Teach them to organize themselves and their belongings. Teach them to have a home for everything and the importance of time management.



Other skills you could focus on include: Navigational skills, communication skills, behavioural skills, safety skills, coping with emotions, problem-solving skills, basic education skills, goal setting, decision-making, and employability. All of these can be found at: https://www.momjunction.com/articles/everyday-life-skills-your-teen-should-learn_0081859/

PROVIDE SUPPORT

Help me complete tasks or achieve goals

- Navigate
- Empower
- Advocate
- Set Boundaries

Activity Suggestions:

Father's Day Cards

Supplies: Paper, coloured pencils

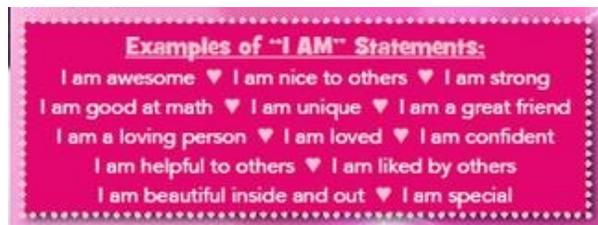
Create Father's day cards for this upcoming Father's day. Choose from many designs on Pinterest or follow some templates at this website: https://www.papertraildesign.com/happy-fathers-day-coloring-pages-free-printables/#_a5y_p=6671100



"I Am" Jars

Supplies: Canning Jar, paper, marker, scissors

Create "I Am" jars to help encourage self-esteem and positivity in your mentee. You'll need a mason jar and small cut pieces of paper. Help your mentee come up with "I am" statements that they believe about themselves. Create yourself a jar as well, so your mentee can see how it is done and the benefit of self-esteem and positivity. Create the jar in one meeting, or end each of your meetings by adding a new "I am" statement to the jar until it is full! When your mentee is having a bad day, guide them to look in their "I Am" jar.



My Coping Tools

Supplies: Coping tool sheet or paper and pen to create your own

Use the template provided or create your own coping tools by coming up with a coping strategy for each letter of the alphabet. This is helpful for your mentee to understand their emotions and what to do when they are feeling upset. If you choose to create your own coping tool, guide your mentee to make it look they want it to and display it somewhere they can always look at it!

MY COPING TOOLS

A ASK FOR HELP	B BREATHE DEEPLY AND SLOWLY	C COUNT BACKWARDS OR FORWARDS	D DRINK SOME COLD WATER
E EXERCISE - RUN, SKIP, JUMP OR KICK A BALL	F FIND A SAFE / CALM SPACE	G GO TO YOUR HAPPY PLACE	H HUG A FRIEND, FAMILY MEMBER OR SOFT TOY
I IGNORE PEOPLE THAT ANNOY YOU	J JOKES TO HELP YOU LAUGH	K KIND HANDS - KEEP THEM TO YOURSELF	L LISTEN TO CALMING MUSIC
M MEDITATE	N NAME YOUR EMOTION	O OBSERVE AND USE MINDFULNESS	P PAINT YOUR FEELINGS
Q QUESTION YOUR THOUGHTS	R RUN AS FAST AS YOU CAN	S SEPERATE YOURSELF FROM THE SITUATION	T THOUGHTS-NEGATIVE TO POSITIVE
U USE YOUR IMAGINATION VISUALIZE	V VOICE YOUR CONCERNS	W WRITE YOUR FEELINGS DOWN	X EXHALE - BREATHE OUT YOUR FEELINGS
	Y YELL AS LOUD AS YOU CAN INTO A PILLOW	Z ZONE OUT AND RELAX	



Edible Pudding Slime

Supplies

- ⇒ 1/4 cup instant pudding mix
- ⇒ 1 cup corn starch
- ⇒ 1/3 cup warm water

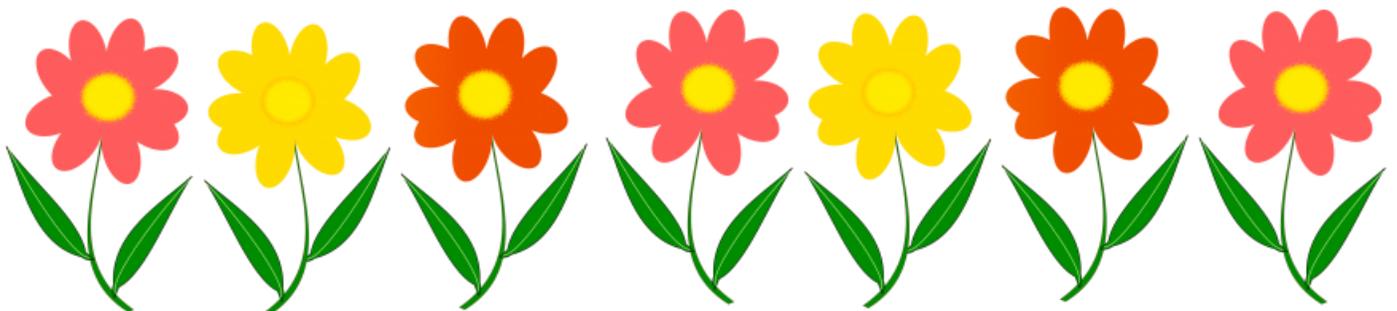
Instructions

1. Add instant pudding mix and half of the corn starch to mixing bowl. Add 1/3 cup water and stir until slime begins to form (it will be pretty sticky at this point)
2. Slowly add the rest of your corn starch, stirring as you go. When slime thickens and is hard to stir with a spoon, finish kneading by hand.

What if pudding slime is sticky?

If the slime is sticky add a bit more starch, if it is dry add a bit more water! Edible slime will not behave the same way as slime created with glue or borax as they have different properties! While the slime is edible, it is not recommended to be consumed as a snack, it does however create a non-toxic slime!

You can watch a video on how to create it here: <https://thesoccermomblog.com/edible-pudding-slime/>



SHARE POWER

Treat me with respect and give me a say

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

Activity Suggestions:

Provide Opportunities to Learn

Provide your mentee with lots of opportunities for you to learn from them! Ask about their different hobbies or interests that you do not know about. Learn a new game, a new activity or recipe that your mentee knows how to do! If there are activities you know how to do, learn how to do it differently—their way!



Garden Seed Bombs

Supplies: Construction paper of different colours, water, flower seeds, bowls, food processor/blender

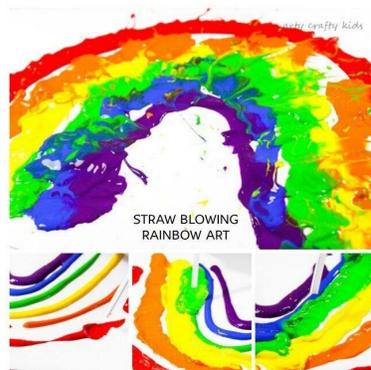
1. Cut your paper into small one inch squares. Separate the different colours into different bowls filling the bowls of water just until it covers the paper. Leave the paper to soak for 20 minutes.
2. Once the paper has soaked in the bowls, with help or permission from a parent, place the paper, one colour at a time, in the blender and pulse until the paper is pulp. Repeat this with each colour.
3. Sprinkle some seeds into each bowl and squish the paper and seeds into a ball. If the paper pulp is a bit dry, sprinkle some water on them to help ball better.
4. Your Garden Seed Bombs are ready to be planted where ever you want flowers!



Pride Crafts!

Supplies: paint, paint brushes, straw, paper and rocks

In the spirit of Pride month, do some Pride Crafts! You can paint Pride Rocks and share them in your community. Or you could do Straw Blown Rainbow art, by putting paint on a piece of paper and using a straw to spread it around! Or even a handprint rainbow! It is important to educate yourself and your mentee on what these colours means and what the rainbow represents!



Sidewalk Chalk Paint

Supplies: cornstarch, water, food colouring, measuring cup, bowl, spoon, paintbrush

1. Add equal parts cornstarch and water, one cup each and mix, you will know its ready when it looks and feels a lot like milk! Make sure all clumps are gone.
2. Split the mixture into as many containers as you want colours
3. Start by adding one drop of food colouring per bowl, stir completely before adding more colour to the bowl
4. Your liquid chalk is ready to be painted on your sidewalks and driveways!



In spirit of Pride Month—you and your mentee could create rainbow colours and create inspiration Pride chalk art!



Expand Possibilities

Connect me with people and places that broaden my world.

- Inspire
- Broaden Horizons
- Connect

Activity Suggestions:

Participate in Pride Month

You and your mentee can learn about Pride Month and educate yourselves on the 2SLGBTQ+ Community! Check out Oxford County Pride for a list of activities you and your mentee can participate in and learn from!

<https://oxfordpride.ca/>

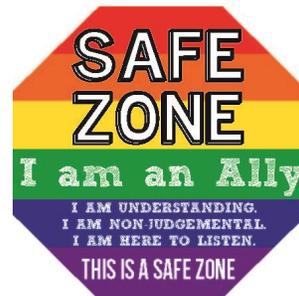


OXFORD COUNTY PRIDE

Learn what it means to be an Ally

You and your mentee can research and learn together, what it means to be a 2SLGBTQ+ Ally. Follow the following link to listen to stories and learn what makes a quality ally:

<http://lgbtq2stoolkit.learningcommunity.ca/being-an-ally/>



ANATOMY OF AN ALLY



You and your mentee can also learn to be an Indigenous Ally! Check out Amnesty for 10 Genuine ways to be an ally or the Ally Bill of Responsibilities.

Amnesty: <https://www.amnesty.org.au/10-ways-to-be-an-ally-to-indigenous-communities/>

Bill of Responsibilities: http://www.lynngehl.com/uploads/5/0/0/4/5004954/ally_bill_of_responsibilities_poster.pdf



Drag Queen Story Hour

Do a Drag Queen Story Hour with your mentee. You can watch a live stream of Drag Queen Story hour at: <https://www.dragqueenstoryhour.org/>



Take Virtual Farm Tours

You and your mentee can tour all different kinds of animal farms in Canada from chicken farms, beef farms, dairy farms, even egg farms, oat farms and apple orchards! Take the tours at: <https://www.farmfood360.ca/>



Resources

Express Care:

Open-ended Questions: <https://sleepingshouldbeeasy.com/open-ended-questions-for-preschoolers/>

Mood Music: https://www.mylemarks.com/store/p585/Mood_Music_%28_ES%29_%5BTeen%5D_%5BF%5D.html

Five Finger Friendship Challenge: <https://corneroncharacter.blogspot.com/2015/02/friendship-is-in-our-hands.html?m=1>

Conversation Cube: <https://www.pinterest.ca/pin/296885800437457916/>

About my Dad: <https://www.pinterest.ca/pin/37154765665921491/>

Challenge Growth:

25 Day Drawing Challenge: <https://www.pinterest.ca/pin/781444972842650045/>

Things I can control Bingo: <https://teachoutsidethebox.com/2017/08/welcome-to-my-makerspace/>

Basic Life Skills: https://www.momjunction.com/articles/everyday-life-skills-your-teen-should-learn_0081859/

Provide Support:

Father's Day Cards: https://www.papertraildesign.com/happy-fathers-day-coloring-pages-free-printables/#_a5y_p=6671100

I Am Jars: <https://i.pinimg.com/originals/16/8a/7a/168a7acab435610e42b3470c245a032a.jpg>

Coping Strategies: <https://teachingthinkingminds.com/product/a-z-of-coping-skills/>

Edible Slime: <https://thesoccermomblog.com/edible-pudding-slime/>

Share Power:

Garden Seed Bomb: <https://simplelivingmama.com/how-to-make-garden-seed-bombs/?fbclid=IwAR2WzvrOqOLmKsMbvvp-LcN1n1ppLFj704reJ0I-yLoNENIXVN6SA-Mp0bw>

Pride Crafts: https://www.huffingtonpost.ca/2018/06/14/rainbow-craft-ideas_a_23459239/?utm_source=contentstudio&utm_medium=referral

Liquid Chalk Paint: <https://www.raisingmemories.com/2016/07/tutorial-how-to-make-sidewalk-chalk.html>

Expand Possibilities:

Oxford County Pride: <https://oxfordpride.ca/photos/>

2SLGBTQ Ally: <http://lgbtq2stoolkit.learningcommunity.ca/being-an-ally/>

Indigenous Ally: <https://www.amnesty.org.au/10-ways-to-be-an-ally-to-indigenous-communities/>

http://www.lynngehl.com/uploads/5/0/0/4/5004954/ally_bill_of_responsibilities_poster.pdf

Farm Tours: <https://www.farmfood360.ca/>