



Big Brothers
Big Sisters
OF OXFORD COUNTY



December Match Activity 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 December, we are continuing our porch deliveries for mentees who are still meeting virtually and 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 December.

For a **December** Delivery:

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

Hot Chocolate Reindeer

Christmas is quickly approaching, show your mentee ways that they can express care through the idea of gift giving. Christmas is all about giving rather than receiving. Have some fun with your match while making this cute hot chocolate reindeer. The reindeer is inexpensive to make and can be given to a friend, teacher, or family member to say thank you and/or Happy Holidays.

Instructions

- Fill Them – Measure your desired serving size of hot cocoa mix into a plastic bag. For the image above, I used 2 servings because my bags were big enough. Make sure to include a tag or tell the recipient how many serving sizes are in each bag.
- Toppings – Add some mini marshmallows to the top of the mix and seal off the bag by adding a brown pipe cleaner to the top.
- Seal – Cut another pipe cleaner and twist around the mid-section of the pipe cleaner that is holding the bag shut to make reindeer antlers.
- Decorate – Hot glue the eyes and nose to the front of the bag to make the reindeer's face. And you're done!



Supplies:

- Plastic Bag
- Hot Cocoa Mix
- Mini Marshmallows
- Hot Glue Gun & Glue Sticks
- Googly Eyes
- Brown Pipe Cleaners
- Red Pom Poms

Homemade Christmas Cards

Homemade Christmas cards are always fun to make and are a great way to express care to others. Everyone enjoys getting a homemade gift that is personalized and from the heart. Get creative with your cards using crafts supplies and other materials that you already have at your home.

Supplies:

Cardstock, paint, glues, markers, construction paper, scissors, glitter, ect



EXPRESS CARE

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Activity Suggestions:

You are Important!

Have a conversation with your mentee about self-care and the importance of looking after and caring for themselves.

Engaging in a self-care routine has been proven to have many health benefits which include:

- reduce or eliminate anxiety and depression
- reduce stress
- improve concentration
- minimize frustration and anger
- increase happiness
- improve energy

Kindness or Caring Jar

Create a caring or kindness jar with your mentee. Both mentor and mentee will design a jar for the other person. Fill the jar with little notes about all the great things that the other person does or what you like about them. Once the jar is full, you give it to your match. Best part of this activity is the supplies can be found around your home. Decorate you jar anyway that you want.

Supplies: jar with lid, paper for notes, craft supplies if you want to decorate your jar)

SELF-CARE FOR KIDS



Kindness Jar



Challenge Growth

Push me to keep getting better

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

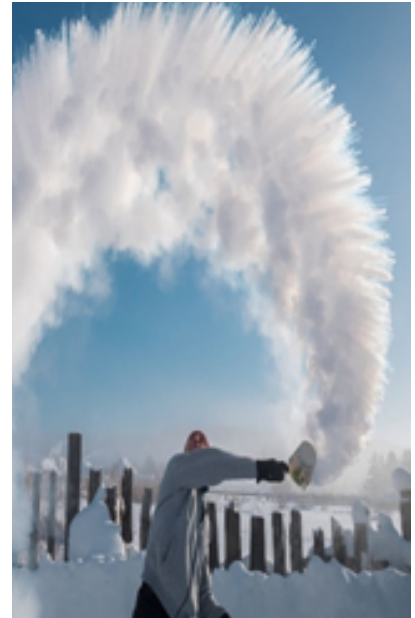
Activity Suggestions:

Outdoor Science Experiment

As the colder weather is upon us, have some fun with your mentee while getting outside and tapping into your inner scientist. This activity has no cost, but depending on the age of your mentee they will need to have your adult supervision as the water is hot.

At frigid temperatures, emptying a kettle of boiling water into the air will produce a trail of snow and ice crystals — not a drop of water will hit the ground. ..

Simply boil the water, go outside, brave the frigid temperatures, and toss a cup or pot of boiling water into the air. It's important that the water be as close to boiling and the outside air be as cold as possible.



Snow Volcano

This winter chemistry activity is perfect for kids of all ages, which makes it fun for both you and your mentee. Make sure you have lots of baking soda and vinegar on hand because your mentee will want to make their volcano erupt again & again!

Materials

- A cup or plastic bottle
- Baking soda
- Vinegar
- Food coloring
-

Instructions

- pack the snow tightly around the cup to help the volcano hold its shape during play.
- Once the volcano is formed have kids add baking soda and food coloring to the cup, which is now acting as the core.
- Have your mentee pour the vinegar into the cup and then step back.

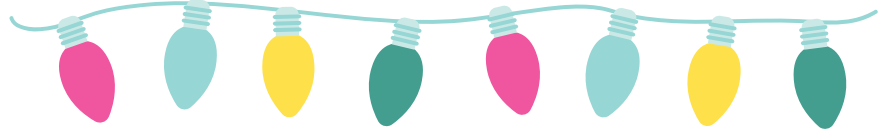


CHALLENGE GROWTH

Push me to keep getting better

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

Activity Suggestions:



Self Talk

Positive self-talk is a type of internal dialogue that can affect your confidence and self-esteem. Through having these encouraging talks with yourself, you can help improve your attitude towards your life and mindset. By saying and reading daily affirmations, you have the ability to shape your mind into believing those statements.

Unfortunately, science says it's natural for people to dwell more on negative thoughts than on positive ones, and this can be even more true for children

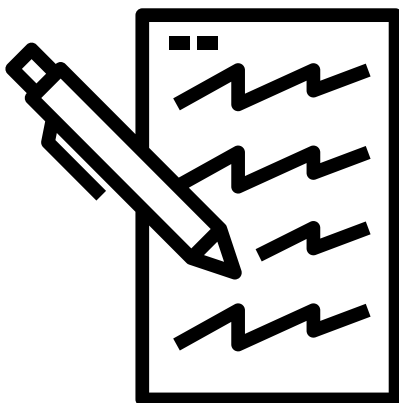
Have a conversation with your mentee about how they talk to themselves. Ask them "Is your inner voice positive or negative?". Support them in ways to turn negative self talk into positive self talk. Once this can be accomplished your mentee will grow and thrive both personally and socially.

What can I say to myself?

Instead of...

Try Thinking...

- | | |
|---|--|
| I'm not good at this. | → What am I missing? |
| I'm awesome at this. | → I'm on the right track! |
| I give up. | → I'll try some of the strategies we've learned. |
| This is too hard. | → This may take some time and effort. |
| I can't make this any better. | → I can always improve, so I'll keep trying. |
| I just can't do math. | → I'm going to train my brain in math. |
| I made a mistake. | → Mistakes help me to learn better. |
| She's so smart. I will never be that smart. | → I'm going to figure out how she does it! |
| It's good enough. | → Is it really my best work? |
| Plan A didn't work. | → Good thing the alphabet has 26 letters! |



School Prep

While the Christmas Holidays are fun time to not focus on school, expecting the best for your mentee and setting expectations means that you may want to help them with school. If your mentee is behind or is struggling in any subject, the Christmas break may be a great time to help them set a schedule to catch up and get back on track for school (or even get ahead!)

PROVIDE SUPPORT

Help me complete tasks or achieve goals

- Navigate
- Empower
- Advocate
- Set Boundaries

Activity Suggestions:

Reindeer Snacks!

This is a fun and easy activity that you can do with your mentee who is younger and enjoys being independent. Have a snack night with your mentee, where you get creative making these yummy reindeer treats. Making these delicious treats help to support your mentee in making healthy food choices. You can substitute peanut butter for Nutella or even Wowbutter.

Ingredients:

- Peanut Butter
- Candy Eyeballs (Raisins or mini chocolate chips work too)Mini Pretzels
- Raspberries

Instructions:

- Cut celery stalk to 5" length; spread with peanut butter.
- Break a mini pretzel in half; gently snip the curved part to form 2-3 antlers. Tuck into the peanut butter at one end of celery stick.
- Add candy eyeballs (raisins or mini-chips) and a raspberry to form the nose.



Gingerbread House

Get in the Christmas spirit by decorating a gingerbread house with your match. All you will need is a gingerbread house kit! Kits can be found at local grocery stores or even the Dollarama! If you feel like being creative, look up a recipe to make your own Gingerbread Cookie!



SHARE POWER

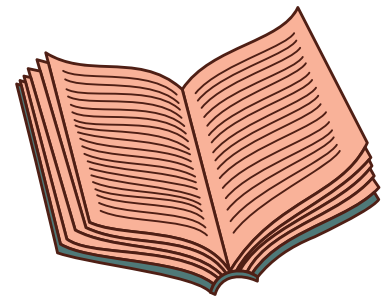
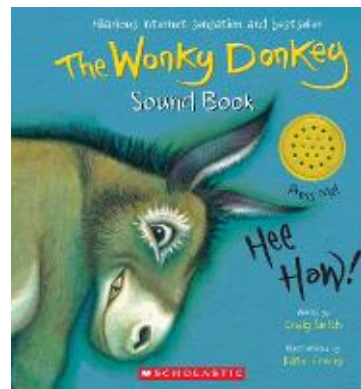
Treat me with respect and give me a say

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

Activity Suggestions:

Snuggle up and read

Reading fosters conversation. Ask your mentee what their favourite book is and spend time taking turns reading to each other. After the book is finished have a conversation about it with your mentee where they get to ask you your thoughts and feelings about it.



My Favorites

Planning a night to cook together is a great way to spend time together and fill your bellies. Have your mentee share with you 5 of their favourite recipes, then choose one that they would like to make with you.



Get Crafty

Getting creative and making your own Christmas decorations is fun for all ages. Most of the materials can be found around your house.

Supplies:

Popsicle sticks, glue, paint, and glitter.

Instructions:

- Make your star shape: Glue five popsicle sticks together into a star shape. We used a glue gun, which meant they dried quickly, but you can use wood glue or Elmer's white glue if you prefer.
- Paint your stars: Once the glue has dried, paint one side of the stars with paint mixed with a bit of white glue.
- Add glitter! While the paint and glue mixture is still wet, sprinkle glitter all over the star.
- Repeat: Let the paint dry, then turn the stars over and repeat the paint and glitter treatment on the other side.



SHARE POWER

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- Respect me
- Include me
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Activity Suggestions:

Snuggle up and read

It does not come as a surprise that many of our mentees love slime! Get festive and make some Christmas Slime! If your mentee does not celebrate Christmas, you could make a winter wonderland slime or let them lead and pick the colours they would like best!

Supplies:

- 6 oz. Elmer's Clear Glue
- 2 drops Christmas Tree Blend Essential Oil (optional)
- 1 tablespoon Christmas Confetti
- 1 tablespoon of water
- 1 teaspoon of baking soda
- 2 tablespoons of contact solution

Instructions:

- Using a spoon, mix glue with essential oil and confetti.
- Mix in water and baking soda.
- Mix in the contact solution as an activator. You'll notice a slime consistency will start to form and become firm. Keep stirring and manipulating the slime. Add additional contact solution if it's still too sticky.
- Eventually, you'll get a jiggly and fun slime to play with that smells like a Christmas tree.



EXPAND POSSIBILITIES

Connect me with people and places that
broaden my world

- Inspire
- Broaden Horizons
- Connect

Activity Suggestions:

Lets Explore and Learn

Learn more about the world and different cultures by researching a country (other than the one you live in) with your mentee. Once you decide on a country and/or culture, do a craft or piece of artwork that represents that country/culture. Take the opportunity to learn about what different cultures celebrate at Christmas Time!



Christmas Parades

December 4th @ 11:00 a.m. - **Ingersoll**: The parade begins at 11:00 a.m. sharp at the corner of Wilson & Mutual St.

December 4th @ 2:00 p.m. - **Bright**: Starting on Baird St. S, heading north

December 4th @ 6:30 p.m. - **Plattsville**: Starting at the corner of Mill St. W. and Hume St.

December 11th @ 6:00 p.m. - **Innerkip**: Travelling South on Blandford St. from the Corner Farm Market

December 12th @ 2:00 p.m. - **Woodstock**: The parade route will travel west along Dundas St.

Santa's House & Carriage Rides

December 3 & 4, 10 & 11, 17 & 18 - Santa House and Downtown Carriage Rides: On Friday's from 4:00-8:00 p.m. and Saturday's 12:00-4:00 p.m., carriage rides last between 10 and 12 minutes around the museum square in Woodstock. Register at the BIA Tent, located by the Santa House on the day of the carriage ride. Registration will start 15minutes before the start time. Rides are first come first serve, weather permitting.



Santa's Breakfast

Get Santa's Breakfast for takeout in Tillsonburg at the Lions Auditorium Side Door from 8:00am to 11:00am on December 4, 2021

SANTA'S BREAKFAST

TAKE-OUT STYLE

Where: Lions Auditorium side door
When: Saturday, December 4

8 a.m. to 11 a.m.

Cost: \$5 for 2 pancakes, 2 sausage and orange slice.

Tickets sold: Starting November 1 at:
Tranquility Spa and Salon
Danbrook Automotive

Town Centre Mall on November 6, 13,
20 from 10 a.m. - 12 p.m.



YES! Santa
will be there!

**BROUGHT TO YOU BY
TILLSONBURG KINETTES**

Light Up Beachville Museum

December 3rd @ 6:00 p.m. - Light up the Museum: Gather at the Beachville Museum to celebrate this holiday sesason as the Beachville District Horticultural Society lights up the museum. Festive snacks and drinks will be served before the light display occurs at 6:30 p.m.

AGENCY UPDATES

In Our Agency:

Currently at Big Brothers Big Sisters there are some opportunities you can get involved in!

- We have our 50/50 Raffle: www.biggertogether5050.com
- For our families, we are putting together Holiday Bags so they can celebrate together this holiday season! To help us fill these bags, we are taking donations for our families! If you are interested or no anyone who may be:
 - You can purchase items directly from our Amazon Wishlist (<https://www.amazon.ca/hz/wishlist/ls/2CPVQ19A0V8O4...>)
 - You can purchase items that our listed on our Amazon Wishlist elsewhere and drop them off at our office.
 - You can make a donation to our Christmas Wishlist page, and those funds will go directly to purchasing these items!
<https://app.simplyk.io/.../2f861a59-2001-4f98-81f6...>
- Have any friends or family members you think would make a great volunteer? Have them apply on our website at <https://oxford.bigbrothersbigsisters.ca/volunteer/> OR reach out to program staff to arrange an information session for them to learn more!
- Finally, our agency is always taking new families to be on the waitlist, if you know of a youth or child that could benefit from a mentor, have the family fill out an application at <https://oxford.bigbrothersbigsisters.ca/enrol-a-youngperson/>
- **Our offices will be closed on December 24, 2021 and will reopen January 4, 2022, please contact your caseworker if you have an emergency**



Boundaries

Strong from the Start Key Messages

All match participants will set boundaries, which must be respected

Resources

Express Care

Reindeer Hot Chocolate: <https://www.somewhatsimple.com/reindeer-hot-cocoa-bags/>

Homemade Christmas Cards: <https://www.pinterest.ca/pin/296604325436503999/>

Challenge Growth

Hot water Experiment: <https://www.livescience.com/32951-how-can-boiling-water-turn-snow.html>

Snow Volcano: <https://onlemonlane.com/teaching/winter-stem-steam-activities/>

Self Talk: <https://imgur.com/bzmmFar>

Provide Support

Painted Rocks: <https://www.pinterest.ca/pin/549087379558938403/>

Puffy Paint: <https://www.wccc.wellesley.edu/asp/make-diy-foam-paint/>

Reindeer Snack: <https://virtue.harvest.org/healthy-kid-christmas-snacks/>

Share Power

Snuggle Up and Read: <https://www.owlbooks.dk/product/the-wonky-donkey/>

Christmas Ornament: <https://www.thesuburbanmom.com/2013/11/29/3-popsicle-stick-christmas-ornaments-kids-craft/#comment-97872>

Christmas Slime: <https://hip2save.com/diy/make-christmas-tree-slime/>

Expand Possibilities

Santa Breakfast: <https://www.facebook.com/events/lions-auditorium/santas-breakfast-take-out/598781154598713/>