



Big Brothers
Big Sisters
OF OXFORD COUNTY



February 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 January, 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 January.

For a **January** Delivery:

- Fill out a supply request form through this link:
<https://oxford.bigbrothersbigsisters.ca/mentoring-activity-supply-request/>
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:

What I Like About You

This activity is a great way for each person to express what they like and enjoy about the other person and your relationship with them. You can decorate your page however you want, and draw and write all the things you love about each other!

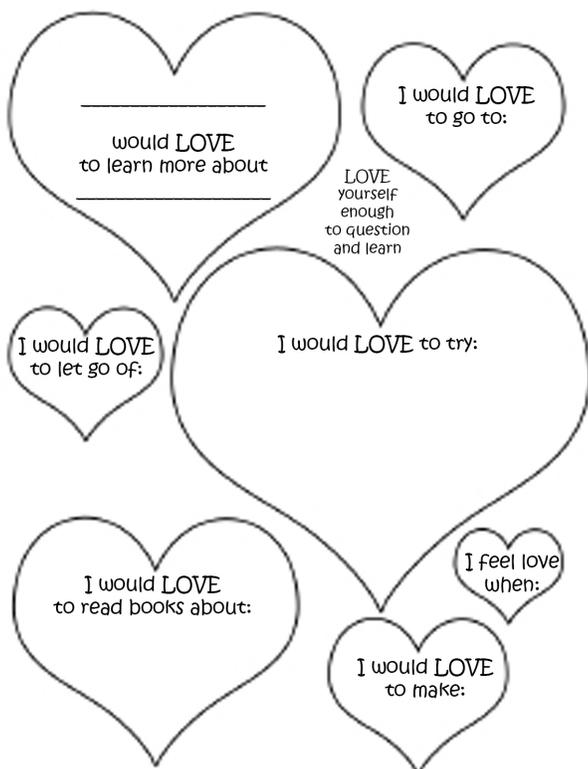
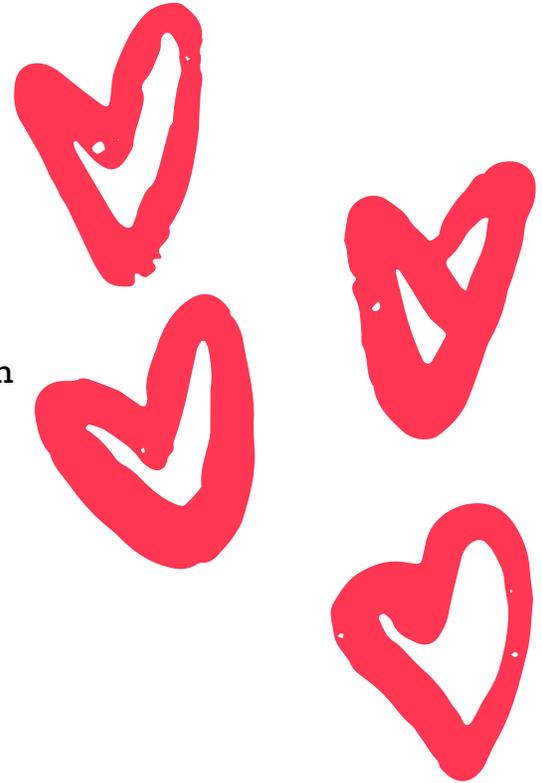
Instructions:

Step 1: Grab a piece of paper and some coloring utensils.

Step 2: Each person write the opposite persons name in the middle of the page.

Step 3: Take about 5 minutes to write/draw everything you like about the other person.

Step 4: When each person is done, share what you have each written.



Learn what you Love

Learn what your mentee loves and what they would love to do! This is a great activity for new matches to learn about each other and for long time matches looking to make goals and **Expand Possibilities** for your mentee!

EXPRESS CARE

Show me that I matter to you

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- Listen
- Believe in me
- Be warm
- Encourage

Activity Suggestions:

Friendship Bracelets

This fun craft can easily create a bond between the mentee and the mentor. It can be done virtually with very little supplies



Cut as many strands of yarn as you'd like to 32" and tie them together 3" down. Separate strands in the order of the pattern you want to create. The more strands you incorporate, the wider your bracelet will be.



Continue forwards knotting each strand with the pink yarn until the pink ends up all the way to the right.



Working from the left to the right, tie a forwards knot by taking the left-most strand and bend it on top of its neighbor to the right, creating a "4" shape



Repeat the process with the new left-most strand (orange), working your way across each strand of the bracelet.



Wrap the tail of the left-most strand (pink) around its neighbor (orange) by going under it and pulling the pink tail out through the space between the strands



Stripes will form down the length of your bracelet. Continue until you've reached your desired bracelet length!

Challenge Growth

Push me to keep getting better

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

Activity Suggestions:

Exploding Snowman: Science Experiment

This is a fun activity to complete with a mentee. It is great for ages kindergarten to grade two. It is a great little science experiment to do during the winter months, with materials that you may already have at home!

Materials

- Sandwich size Ziplock bag
- Vinegar
- A measuring cup
- Blue food colouring
- Baking soda
- Paper towel
- Black sharpie
- Nose out of orange construction paper, orange felt, or orange sharpie



Instructions

- Decorate the Ziplock bag to make a face of a snowman.
- Place 3 teaspoons of baking soda in a paper towel, and wrap it into a pouch. Place this into the Ziplock bag carefully so it does not unwrap.
- Pour 1 to 2 cups of white vinegar with a couple drops of blue food colouring.
- Pour this into the snowman and quickly seal the bag.
- Watch the snowman get big and puffy as the bag fills with carbon dioxide, and watch the chemicals create a safe mini explosion.



CHALLENGE GROWTH

Push me to keep getting better

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

Activity Suggestions:

DIY Snow Paint

If you are looking for a great way to get your mentee outside, snow paint is a way to make playing outside in the snow fun and creative!

Instructions

- You will need to take 3 to 4 spray bottles, and remove the caps from each of them.
- Fill each of the spray bottles with water, then place them to the side.
- Choose food colorings of your choice and add enough of each color into each of the spray bottles to get it to the vibrancy of your choice.
- Screw the lid back on each of the bottles, and give each of them a good shake.

Supplies

- Spray bottles
- Food dye
- Water

Important Notes

- If you want the colors to be more vibrant and bright, you can use the gel instead of the drops.



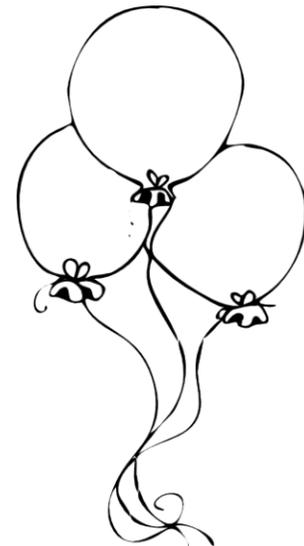
Let It Go Mindfulness

Work on your mentee's mindfulness skills. Sometimes we hold the weight of things we cannot change, help your mentee to let things go and move on from those situations, experiences and feelings. For a link to the "Let It Go" Exercise follow:

<https://leftbrainbuddha.com/wp-content/uploads/2014/05/LetItGo.pdf>

Let it go.

Sometimes, we get upset over things that we can't change or control. It can help if we tell ourselves to "let go" of those things! What can you let go of? Draw or write it in the balloons, and let them go!



PROVIDE SUPPORT

Help me complete tasks or achieve goals

- Navigate
- Empower
- Advocate
- Set Boundaries

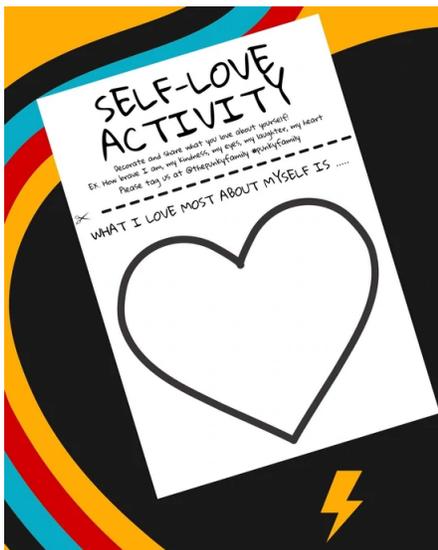
Activity Suggestions:

Mentee and Mentor Workout

This is a great activity to burn some of your mentee's energy, especially on those days where it is too cold to get outside for some physical activity! This is a great Virtual Activity!

Using the alphabet below spell out names, words, and objects and complete the given exercises for a fun workout for everyone!

- | | |
|---|--------------------------------|
| A- 20 high knees | M- 10 crunches |
| B- 20 cross punches | N- 20 jumping jacks |
| C- 30 second plank | O- 10 crunches |
| D- 20 skaters or lateral hops | P- 10 crunches |
| E- 20 bunny hops | Q- 15 push ups |
| F- 20 big arm circles to the front,
back (10 each) | R- 20 bunny hops |
| G- 20 skaters or lateral hops | S- 30 second bridge |
| H- 20 bunny hops | T- 30 second plank |
| I- 25 jumping jacks | U- 20 skaters or lateral jumps |
| J- 20 cross punches | V- 20 high knees |
| K- 20 high knees | W- 20 jumping jacks |
| L- 15 push ups | X- 10 crunches |
| | Y- 10 burpees |
| | Z- 15 push ups |



Self-Love Activity

Likewise, to the "What do you love about each other" you and your mentee can work on your self-love and encourage each other to come up with things you love about yourselves. This encourages positive self-talk and helps your mentee work on their confidence and self image.

PROVIDE SUPPORT

Help me complete tasks or achieve goals

- Navigate
- Empower
- Advocate
- Set Boundaries

Activity Suggestions:

Strawberry Banana Smoothie

A fun simple treat for you and your mentee to make.

Ingredients:

- 1 banana
- 2 cups frozen strawberries
- 1 tablespoon honey
- 1/2 cup Greek yogurt
- 1/2 cup milk or water
- 1 teaspoon vanilla extract

Instructions:

- Add all ingredients into a blender.
- Blend until creamy.
- Serve and enjoy!



Fruit Salad

A fun and delicious snack for you and your mentee to make and personalize, especially after your workout!

Instructions

- See what you have in the fridge.
- take out any of your favorite fruits
- Cut them up, and place them into a bowl.
- Sit back, relax and enjoy a yummy fruit salad



Possible Options

- Strawberries
- Raspberries
- Blackberries
- Bananas
- Orange
- Melon
- Watermelon
- Apples
- Any fruit of your option

SHARE POWER

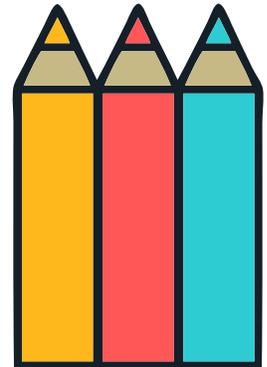
Treat me with respect and give me a say

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

Activity Suggestions:

Valentines Colouring Pages

You and your mentee can find many different colouring pages online that can be connected to Valentine's day or not! You and your mentee can work together to pick different colours and patterns for your colouring pages! You can find free colouring pages at: <https://www.crayola.com/free-coloring-pages/holidays/valentines-day-coloring-pages/>



Winter Sensory Bottle

Instructions

- Remove the label from the water bottle, and make sure it is empty. Add the glitter to the bottom of the bottle, letting it fall to the bottom of the bottle. Put about a teaspoon of each glitter into the bottle. You can now add in the snowflake confetti- you can use any kind of confetti just make sure it is not paper.
- Add 2 drops of blue food coloring. Fill up the bottle with water, leaving a little space at the top so there is enough space to shake the bottle. Screw the cap back on the bottle, and apply some tape ensuring that it does not leak.



SHARE POWER

Treat me with respect and give me a say

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

Activity Suggestions:

52 Reasons I Love You

Supplies: deck of cards, labels, book rings or string, hole punch, marker

You and your mentee can work on a craft together coming, creating the 52 Reasons I love you deck of cards! You and your mentee can make these cards as a gift for a friend, a family member or each other. Give your mentee the opportunity to come up with reason they care for the people in their lives!



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Online Games

You and your mentee can play a number of online games together. These games can be played virtually while apart or while together! Check out a large listing of games at:

<https://www.goodhousekeeping.com/life/entertainment/g32098665/best-games-to-play-on-zoom/>

EXPAND POSSIBILITIES

Connect me with people and places that
broaden my world

- Inspire
- Broaden Horizons
- Connect

Activity Suggestions:

60 Minute Self Care Hour

Life can get overwhelming sometimes and because of this it is important that we are taking time out of the day to take care of ourselves and our mental health. Try and take an hour out of your day to practice some self care.



Daily Journals

As the day's get busier and more chaotic, try journaling. This is a fun way to express your emotions, and to promote some self care into your daily lives. Simply take 10 to 15 minutes out of your day and jot down how your day has been, and how you are feeling throughout the day. You can draw and write out how you are feeling throughout the day.

Learn the history of Valentine's Day

As the month of February is upon us, a fun way to spend some time is learning the history of the well known Valentine's Day. To learn more, copy and paste the link below into your browser:

<https://www.history.com/topics/valentines-day/history-of-valentines-day-2>



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
- Play For Kids' Sake includes a Virtual Escape Room, Virtual Murder Mystery, in-person Bowling and in-person Trivia! To learn more and register go to: <https://oxford.bigbrothersbigsisters.ca/event/play-for-kids-sake-2022/>
- 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/>
- **With the current restrictions in place, our offices are closed to the public and our staff are working from home. For updates on Office Closures please follow us on Facebook at Big Brothers Big Sisters of Oxford County or call our office for updates**

Circle of
Support

Strong from the Start Key Messages

Talk with your mentee about their Circle of Support, and be alert to secrets and risky behavior.

Resources

Express Care:

Learn What you Love: <https://coloringhome.com/coloring-page/1924717>

Friendship Bracelets: <https://theneonteparty.com/friendship-bracelets/#:~:text=Friendship%20bracelets%20are%20a%20nostalgic,actually%20a%20type%20of%20macrame.&text=Then%20have%20fun%20playing%20with,that%20are%20all%20your%20own!>

Challenge Growth:

Exploding Snowman: Science Experiment:

<https://www.123homeschool4me.com/exploding-snowman-winter-science-experiment/>

DIY Snow Paint: <https://www.thesitsgirls.com/diy/diy-snow-paint/>

Let It Go: <https://leftbrainbuddha.com/wp-content/uploads/2014/05/LetItGo.pdf>

Provide Support:

Mentor & Mentee Workout: <http://www.knicholastraining.com/new-blog/2019/1/31/indoor-alphabet-workout-you-can-do-with-your-kids>

Self-Love Activity: <https://punkymoms.com/homestead/diy-craft-punk/holiday-crafts/free-self-love-activity-hearts-download/>

Smoothie Recipe: <https://www.savorynothings.com/strawberry-banana-smoothie/>

Fruit Salad: <https://kristineskitchenblog.com/fruit-salad/>

Share Power:

Colouring Pages: <https://www.crayola.com/free-coloring-pages/holidays/valentines-day-coloring-pages/>

Winter Sensory Bottle: <https://www.pennypinchinmom.com/winter-sensory-bottle/>

52 Reasons I Love You: <https://www.papervinenz.com/2012/01/52-reasons-i-love-you-cards-tutorial.html>

Online Games:

<https://www.goodhousekeeping.com/life/entertainment/g32098665/best-games-to-play-on-zoom/>

Expand Possibilities:

History of Valentine's Day: <https://www.history.com/topics/valentines-day/history-of-valentines-day-2>