



Big Brothers
Big Sisters
OF OXFORD COUNTY



March

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 March, 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 March.

For a **March** 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:

All About Me Worksheets

This activity is a great way for matches to get to know each other, especially for new ones! There are so many different ways that you can get to know your mentee and make it fun and interesting! This also can help with the matches when deciding on some more fun activities to do in the future and some of the interests of one another. It is also crucial that in a match you get to know one another as the relationships will have a caring aspect to them!

ALL ABOUT ME!

My favorite color is...	My favorite subject is...	I'm most happy when I...
The last movie I watched was...	My favorite food is...	I really hate it when...
Yesterday, I...	Most people don't know that I...	If I had a million dollars...
Tomorrow, I will...	Right now, I feel very...	My favorite memory is...

2 TRUTHS AND A LIE!
Write down two truthful statements and one lie have others guess which one they think is a lie. Remember to make your lie something believable!

1. _____
2. _____
3. _____

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To find more of these free printable sheets go to:

<https://www.printabulls.com/education/all-about-me-worksheets/>

ALL ABOUT ME!



ALL ABOUT ME!

MY NAME IS: _____

MY HOBBIES ARE: _____

MY FAVORITE FOOD IS: _____

MY FAVORITE COLOR IS: _____

I AM GOOD AT: _____

MY FAVORITE CANDY IS: _____

MY FAVORITE ANIMAL IS: _____

MY FAVORITE TOY IS: _____

MY FAVORITE SUBJECT IS: _____

MY FAVORITE BOOK IS: _____

Challenge Growth

Push me to keep getting better

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

Activity Suggestions:

Raising Self Esteem Activities

Work with your mentee to discover their own self-esteem. This will help your mentee in so many different ways when helping discover some overwhelming feelings and finding ways to make them positive again. This activity is perfect by providing your mentee with a reflection on some of the things that have hurt them in the past and how they can improve them in the future.

Raise Self Esteem
Now

I'm proud of these traits:

3 compliments which make me feel awesome

People whose lives are more smooth-sailing or pleasant because of my presence

3 Factors which crush my self-esteem

3 things I will do to handle the 3 factors above

Notes

SHIKAH ANUAR

To find more amazing worksheets go to:

<https://positivepsychology.com/self-esteem-worksheets/>



Tik Tok / Just Dance Challenge



This is a fun activity to complete with a mentee. It is a great way to get moving and have some laughs! Challenge your mentee and yourself to not give up and push through the dances. The more the practice the best it will be!

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 CARE Generator

If you are looking for a great way to get your mentee working on their own self-care routine, the generator can help! Once you meet with your mentee click the generator button and do what it says to do as an activity! This can include: treating yourself to a snack, painting something, listing 3 things you like about yourself, and drinking water.

Click the link to get the generator:

<https://perchance.org/Or7w8nyvm2>



St. Patrick's Day Activities

Work on your mentee on doing some fun St. Patrick's Day activities. Push them to not give up even if the task is challenging! With this, there are also opportunities to talk about what St. Patrick's day is. Some of the activities include a word search, scavenger hunt, word jumble, and virtual tours of Ireland!

Click the link to get some activities:

<https://teambuilding.com/blog/virtual-st-patricks-day>

ST. PATRICK'S DAY WORD SEARCH



more at team

St Paddy's Scavenger Hunt

- NEAREST GREEN OBJECT
- BOX OF LUCKY CHARMS
- GOLD COIN
- TOP HAT
- SOMETHING RAINBOW
- POTATO
- FAKE SNAKE
- DANCE A JIG
- DO YOUR BEST IRISH ACCENT

For more online team building tips, visit teambuilding.com

PROVIDE SUPPORT

Help me complete tasks or achieve goals

- Navigate
- Empower
- Advocate
- Set Boundaries

Activity Suggestions:

A fun simple treat for you and your mentee to make if no allergies.

Ingredients:

- Creamy Peanut butter
- Unsalted butter
- Powdered sugar
- Milk chocolate



Instructions:

- In a mixing bowl, add some creamy peanut butter, powdered sugar, and softened unsalted butter.
- Mix until combined.
- Roll the peanut butter mixture into 1 inch balls and place in a freezer-safe container lined with wax paper. Chill in the freezer for 1 hour.
- Melt some baking chocolate using a microwave. Dip the peanut butter balls, one at a time, in the melted chocolate. Set the balls on wax paper and add sprinkles if desired. Place in the fridge for 10-15 minutes until the chocolate sets.

Tulip Growing

You and your mentee can use pots to paint and get creative and then plant a tulip bud! Have fun with it! This is a great way to challenge your mentee to grow something beautiful and achieve the goal of growing a tulip for spring!



Materials Required

- pot
- paint
- tulip bud
- soil



National Peanut Butter MONTH!



PROVIDE SUPPORT

Help me complete tasks or achieve goals

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Activity Suggestions:

Oreo Balls

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

Ingredients:

- oreo cookies
- cream cheese
- chocolate

Did you know Oreos were introduced in March over 100 years ago?!

Instructions:

- Crush the oreo cookies into crumbs.
- Combine oreo crumbs and softened cream cheese. Mix well until they are smooth.
- Scoop out some oreo cream cheese mixture and roll it into 1-inch cookie balls. Place on a cookie sheet and freeze for 20 minutes.
- Melt chocolate in a double-boiler or microwave.
- Dip balls in melted chocolate using a fork and then place them on the parchment paper.
- Decorate your oreo cheesecake balls with remaining melted chocolate or oreo crumbs if desired.



Womens History Month

An amazing way to celebrate women's history month is sharing it with your mentee! There are so many different ways to educate and **expand their possibilities** about what women's history month is!

WOMEN'S
HISTORY
MONTH

SHARE POWER

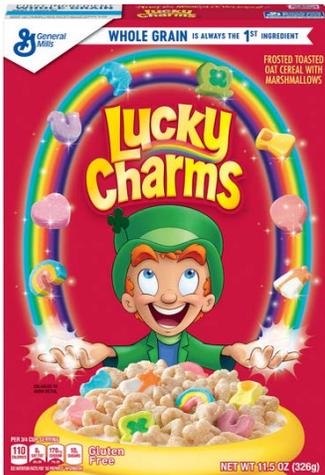
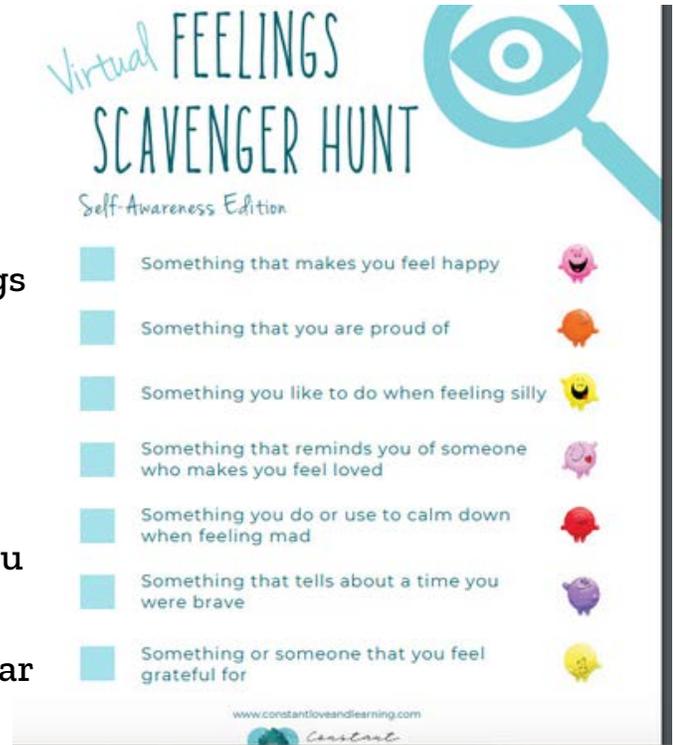
Treat me with respect and give me a say

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

Activity Suggestions:

Feelings Scavenger Hunt

You and your mentee can find many different things in the house that have importance to them. With this, both the mentee and mentor should come up with a list of different things to find. For example, some of them can include: find something that means a lot to you, find something that reminds you of good times, find something that could help you cope with your emotions, etc. Or it could be a regular scavenger hunt for fun!



Lucky Charms Treats

Materials

- 5 cups of lucky charms cereal
- 25 large marshmallows or 2 1/2 cups of miniature marshmallows
- 3 Tablespoons of Margarine or butter

Instructions

- Grease 9x9x2-inch pan.
- Melt margarine and marshmallows until smooth, either over medium heat in a saucepan or in the microwave.
- Stir in Lucky Charms until well coated. Press into pan with buttered hands.
- Cut into squares when cool.



SHARE POWER

Treat me with respect and give me a say

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

Activity Suggestions:

Spring Colouring and Drawing!

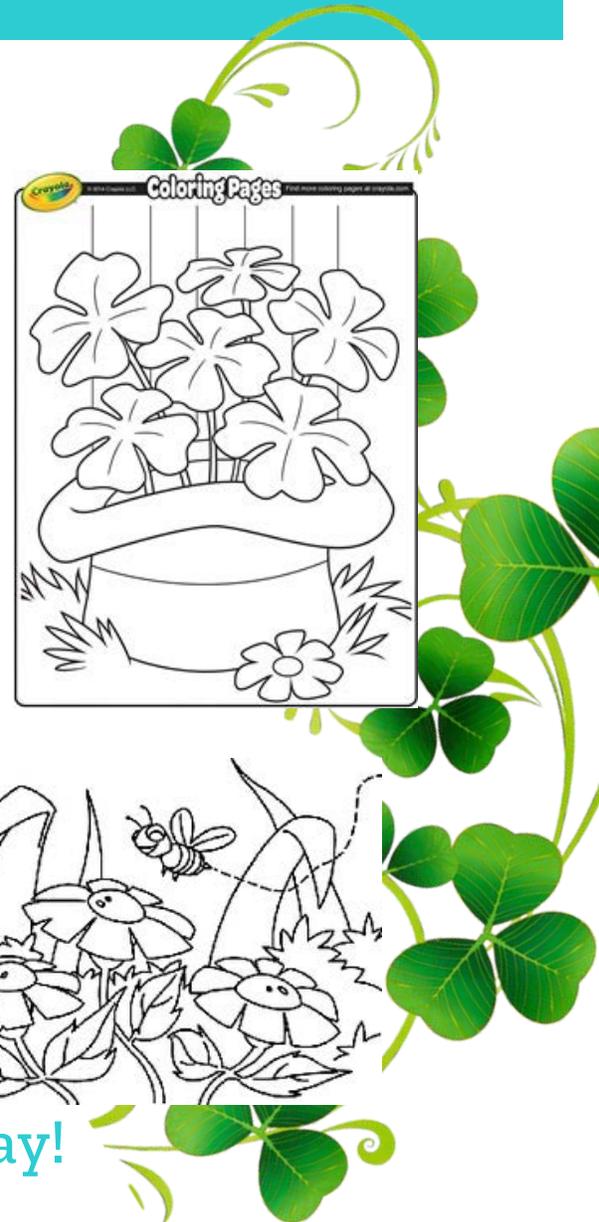
Supplies: colouring pages, blank paper, pencil crayons

You and your mentee can work on a bunch of different colouring pages together! When coloring you should get your mentee to pick some of the colours that they want to use and have fun with it!

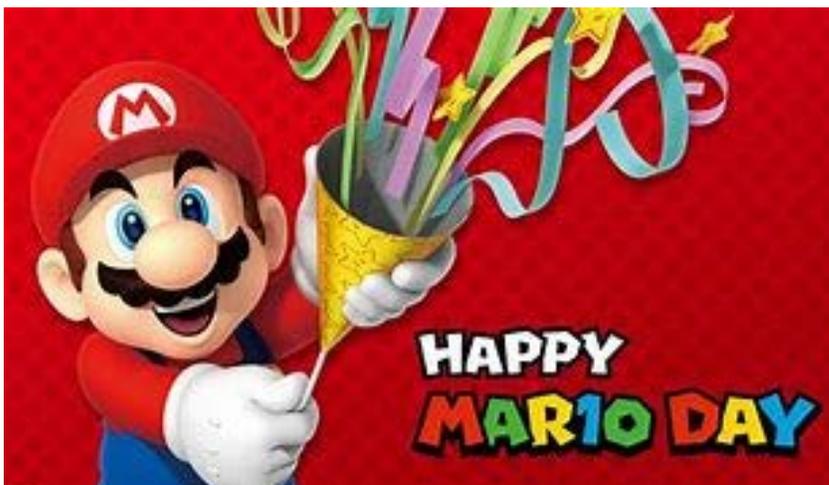
With youtube, there are many different drawing tutorials, some hard and some easy. This is a perfect way to get the mentee to feel challenged but also have a variety of options to draw.

Some links you can use to find tutorials and pages:

<https://www.crayola.com/free-coloring-pages/seasons/spring-coloring-pages/>
www.youtube.com



Mario Day!



You and your mentee can play a number of different Mario games online together in celebration of March 10th. Whether it is on the computer, Nintendo Switch, Wii or any gaming console you both may have, even on your phone!

EXPAND POSSIBILITIES

Connect me with people and places that
broaden my world

- Inspire
- Broaden Horizons
- Connect

Activity Suggestions:

Purple Day is March 26th!

Each year on March 26th is wear purple to support epilepsy awareness worldwide! This day provides mentors the opportunity to broaden a mentee's understandings when it comes to what epilepsy is, and why the day is important!



**PURPLE
DAY** For Epilepsy
March 26

Have fun with your mentee and dress up in purple, eat purple foods and learn about epilepsy together!

Purple Smoothie Recipe

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

Ingredients:

- 1/2 cup water
- 1/2 cup orange juice
- 1 frozen banana, cut into pieces
- 1/2 cup frozen pineapple
- 1/2 cup frozen blueberries

Some more purple inspired activities can be found here:

<https://kidactivities.net/purple-purplicious-color-theme/>

Instructions

- Combine the water, orange juice, banana, pineapple, and blueberries in a high-speed blender, and blend until very smooth.
- Add a splash more water, if needed to help it blend.
- Pour into a glass and serve right away



EXPAND POSSIBILITIES

Connect me with people and places that
broaden my world

- Inspire
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- Connect

Activity Suggestions:

Music Collaboration

Both you and your mentee can get the opportunity to share some of your favourite types of music and broaden your horizons. With this, there are also opportunities to create an awesome playlist to listen to that you both enjoy when doing activities. It also allows the mentee to **share power** with you. It is also a great way to get to know your mentee and possibly relate to something together.



Watch a Series Together

Another fun way to expand the mentee's mind is to watch a series together. This is a fun and exciting way to talk and connect about something similar. This is also getting the mentee to broaden their horizons and share ideas and feelings based on what is happening in the show!



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/>
- **Our offices are back open! Ingersoll and Woodstock are open Monday to Friday 9:00am to 5:00pm and Tillsonburg is open Thursday and Friday's by appointment only.**

Duty to
Report

Strong from the Start Key Messages

As adults we have the duty to report abuse if it's disclosed to us or if we have reasons to suspect abuse

Resources

Express Care:

All About Me Activity: <https://www.printabulls.com/education/all-about-me-worksheets/>

Right A Letter To Your Good Luck Charm: <https://www.grammarly.com/blog/how-to-write-a-letter/>

Vision Board Creation: <https://blog.mindvalley.com/vision-board/>

Challenge Growth:

Raising Self Esteem Activity: <https://positivepsychology.com/self-esteem-worksheets/>

Just Dance and Tik Tok Dances: <https://www.youtube.com>

Self Care Generator: <https://perchance.org/Or7w8nyvm2>

St. Patrick's Day Activities: <https://teambuilding.com/blog/virtual-st-patricks-day>

Provide Support:

Peanut Butter Balls: <https://www.littlesweetbaker.com/peanut-butter-balls/>

Tulip Growing: <https://www.gardeningknowhow.com/ornamental/bulbs/tulips-care-and-tulip-planting-tips.htm>

Oreo Balls: <https://izzycooking.com/oreo-cookie-balls/>

Women's History Month: <https://womenshistorymonth.gov>

Share Power:

Scavenger Hunt: <https://mrsscemin.blogspot.com/2020/04/week-6-lamb-time-feelings-scavenger-hunt.html>

Lucky Charms Treats: <https://www.food.com/recipe/lucky-charms-treats-140418>

Colouring Pages and Drawing: <https://www.crayola.com/free-coloring-pages/seasons/spring-coloring-pages/>

Mario's Day: <https://nationaltoday.com/mario-day/>

Expand Possibilities:

Learn About Purple Day: <https://www.purpleday.org>

Purple Smoothie: <https://detoxinista.com/purple-smoothie/>

Expand Music Taste: www.youtube.com

Watch A Series Together: <https://www.disneyplus.com>

