



# BIG IDEAS

Calling all parents, guardians, caregivers and Bigs! Our Littles need you now, more than ever!

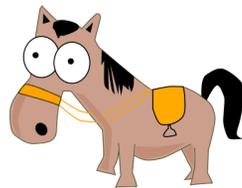
We encourage you to continue to connect with each other and to continue to explore new ways to have fun despite physical distancing. Big Brothers Big Sisters of York will be sending you a newsletter bi-weekly, promoting some ideas that may help to keep you connected.

We would encourage all mentoring relationships to submit their own ideas and stories of their attempts at virtual fun so that other matches may benefit from them.



## RIDDLES AND GIGGLES

1. What do you call a cheese that's not yours?
2. Why did the pony get sent to his room?



**Riddle:** Lives in the winter, dies in the summer, and grows with its roots upward. What is it?

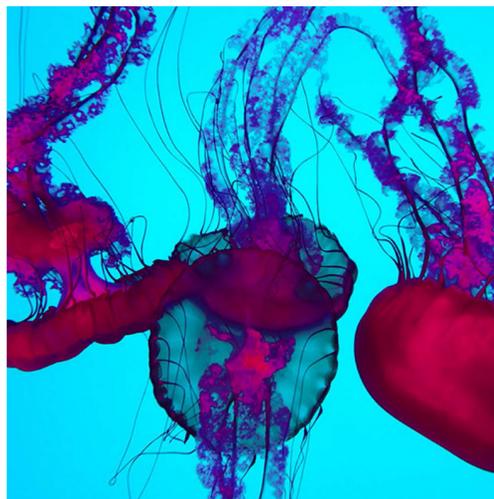


## TAKE A TRIP TO...

### Ripley's Aquarium's Live Streams- Walk With Penguins & Watch Octopus Feedings

<https://www.ripleyaquariums.com/at-home/>

Sit back and watch the sharks swim by at Ripley's Aquarium of Canada or waddle about with Ripley's Penguins in Myrtle Beach and Gatlinburg. You can also watch live and then learn more about Ripley's extraordinary creatures with downloadable educational materials and fun arts and crafts for all ages!



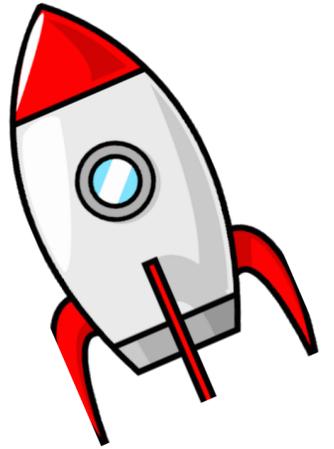
## BIG LINKS

### NASA Science at Home Activities

[https://science.nasa.gov/get-involved/nasaathome/activities?field\\_activity\\_tid=10816/](https://science.nasa.gov/get-involved/nasaathome/activities?field_activity_tid=10816/)

Share the science and find activities for all interests and ages. Topics include the Universe, the Solar System, Earth Science and many more!

# EMOJI EMOTION



star struck



tired



cool



in love



happy



sick



sad



shocked



confused



thinking



draw a line connecting the emotions to the proper emoji.

# Remembrance Day

H F T P R E M E M B R A N C E  
M D E Z P O B E E C A E P Q F  
W F N T F D C Z G E T L N W S  
U C N T N N R E L D U V U C R  
Y Q J D E F I E L D R R E N E  
M H C L M C V U B U E R A I D  
X S I P Q E V A Q M E R T K N  
U S D U N V Y Q E M E F N N A  
M Q I T Z E R M O T H V S S L  
Z A H U G U B N E D N B O A F  
X I I E O E Y V U L A J R N J  
D C M N R S Q B Q N J M I O Y  
R U O B P O P P Y D E R G R C  
I H H Z R Q N H U E L T T A B  
V P S U F T Z R E I D L O S M

BATTLE  
CEREMONY  
ELEVENTH  
FIELD  
FLANDERS  
HONOUR  
NOVEMBER

PEACE  
POPPY  
REMEMBER  
REMEMBRANCE  
SILENCE  
SOLDIER  
VETERAN

\*\*Answers to this week's newsletter will be provided in the upcoming issue\*\*



# BIG ACTIVITIES

## Let's Talk About Self Care

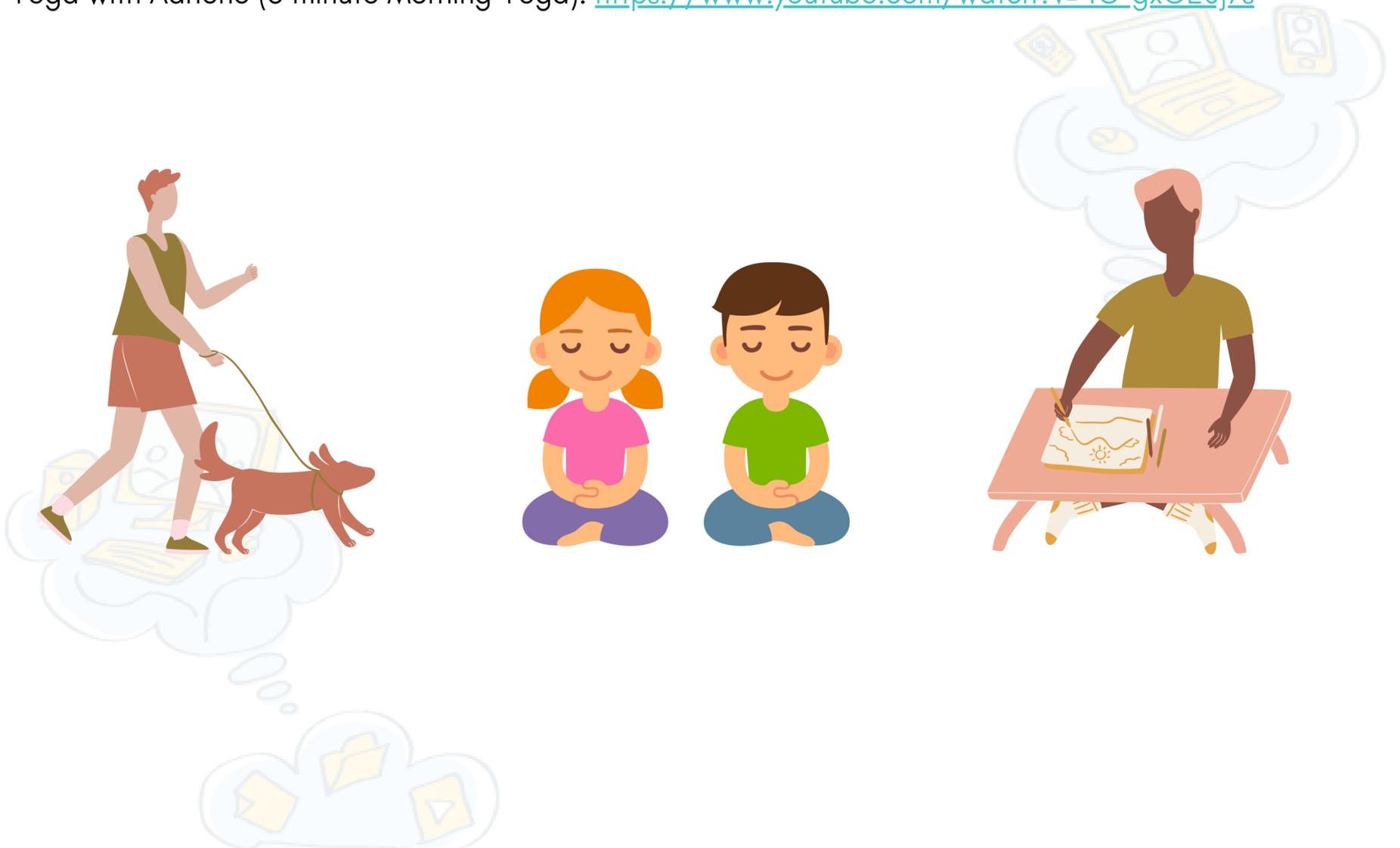
**Self-care** means taking time to do things that you enjoy or things that make you feel better. It can include activities you normally do and new things you are trying out. Self-care activities can improve your overall physical, mental, and emotional health! They can also help reduce the effects of negative stresses in your life. These activities can include going for a walk, watching your favourite TV show, journaling, colouring, etc.

With your mentor or mentee, come up with a list of activities of how you practice good self-care!

Take some time to try out the activities you come up with and challenge yourself to include some of these activities as part of your daily routine.

For some extra fun here are some meditation and yoga links to try out with your Big or Little:

- 13-minute meditation: <https://www.youtube.com/watch?v=X462OPGZQ+4>
- 5-minutes meditation: <https://www.youtube.com/watch?v=inpok4MKVLM>
- Yoga with Adriene (20 minute Yoga for Teens): <https://www.youtube.com/watch?v=7kgZnJqzNaU>
- Yoga with Adriene (11 minute "Wake Up" Yoga): <https://www.youtube.com/watch?v=UEEsdXn8oG8>
- Yoga with Adriene (5 minute Morning Yoga): <https://www.youtube.com/watch?v=4C-gxOE0j7s>



# ANSWERS FROM THE LAST ISSUE

## RIDDLES AND GIGGLES

1. What do birds say on Halloween?  
**A:** Trick or tweet!
2. What kind of room doesn't have a door?  
**A:** A mushroom!

**Riddle:** Railroad crossing, watch out for cars. Can you spell that without any "r's"?  
**A:** T-H-A-T



## HALLOWEEN FUN

### Haunted Maze

Help the pumpkin find its way through this haunted maze!



## HALLOWEEN COSTUME MATCH

- |              |  |                              |
|--------------|--|------------------------------|
| 1. <b>F</b>  | Mythical half female with fish tale  | <b>A.</b> Zebra              |
| 2. <b>E</b>  | Rapped in many layers of cloth   | <b>B.</b> Spiderman          |
| 3. <b>B</b>  | Superhero that swings from buildings   | <b>C.</b> Winnie The Pooh    |
| 4. <b>J</b>  | She wears a yellow dress and a crown. A princess brave and strong in love with a beast | <b>D.</b> The Grinch         |
| 5. <b>G</b>  | Wears a pointy hat and flies around on a broom   | <b>E.</b> Mummy              |
| 6. <b>I</b>  | Small round and green with one eye   | <b>F.</b> Mermaid            |
| 7. <b>K</b>  | Dead and bloody looking for brains   | <b>G.</b> Witch              |
| 8. <b>L</b>  | Wears a blue and white dress and follows a rabbit with a stop watch                    | <b>H.</b> Clown              |
| 9. <b>C</b>  | Round and soft and loves honey   | <b>I.</b> Mike Wazowski      |
| 10. <b>H</b> | Has curly hair, red nose and big shoes   | <b>J.</b> Belle              |
| 11. <b>A</b> | White with black stripes or black with white stripes                                   | <b>K.</b> Zombie             |
| 12. <b>D</b> | He is green and furry with a side of Santa clause                                      | <b>L.</b> Alice n wonderland |

