



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 cow in an earthquake?
2. What are two things people never eat before breakfast?

Riddle: What becomes shorter when you add 2 letters to it?



TAKE A TRIP TO...

Yellowstone National Park

<https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm>

Explore one of the FIRST National Parks in the United States, home to hundreds of species of mammals, birds, fish, reptiles, and amphibians. The site extends virtual tours to other attractions like the Fountain Paint Pot, the Mammoth Hot Springs, the Mud Volcanoes and more. Celebrate the warmer weather we've been having by touring today!



BIG LINKS

My StoryBook

<https://www.mystorybook.com/>

Where will your imagination take you? Build a one-of-a-kind storybook with characters, personalized drawings, and write a story unlike any we've seen before. There is no limitation to our creativity so try your hand at becoming an author today!



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Principal for a Day

If I was principal of my school, I'd put _____ and _____ in every _____ and have the cafeteria serve _____ and _____ for lunch. We would have " _____ and Tell" every day, where students can bring _____ and _____ to share in class. Students would give teachers homework, like _____ page book reports about _____ and _____ math problems. Recess would last for _____ hours, and instead of buses, I'd have _____ and _____ take the kids to and from school.



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Answers to this week's newsletter will be provided on the last page





Five Second Rule Game:

Based on the popular Five Second Rule Game, you and your mentee can try to answer each option below in just 5 seconds. You can set a timer for 5 seconds and you each take a turn to try and say answers that would fit each category as fast as you can! The categories are simple but the challenge is saying all 3 things in the time frame! You can share this document on the screen during a video chat or just read each option below.

Name 3 things you do when no one is looking

Name 3 pizza toppings

Name 3 basketball teams

Name 3 hockey teams

Name 3 vegetables that are green

Name 3 things you do before going to bed.

Name 3 breeds of dogs

Name 3 types of sandwiches

Name 3 cities in Ontario

Name 3 superheroes

Name 3 things you would find in a washroom

Name 3 male singers

Name 3 apps you play

Name 3 things are funny

Name 3 things you do before bed

Name 3 animals that growl

Name 3 things you can do in the dark

Name 3 Planets

Name 3 video games



BIG ACTIVITIES

Positive Affirmation Challenge

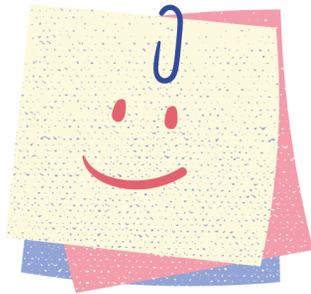
Positive affirmations are statements you can say to increase how you feel about yourself, as well as embrace all of the wonderful qualities you have! We know that it may be hard to say these statements to ourselves sometimes, however, saying these positive affirmations will keep us from negative thinking which is extremely important. Also, the more you practice repeating positive affirmations, the easier it gets. If you are up for a challenge and want to practice increasing your confidence, join us and make repeating positive affirmations a part of your everyday routine.

Some Helpful Tips:

- Practice repeating positive affirmations at least three times a day at first. As you get used to it, you can reduce it to twice or once a day. It is really up to you!
- Keep them short and to the point.
- Keep them positive!

Examples:

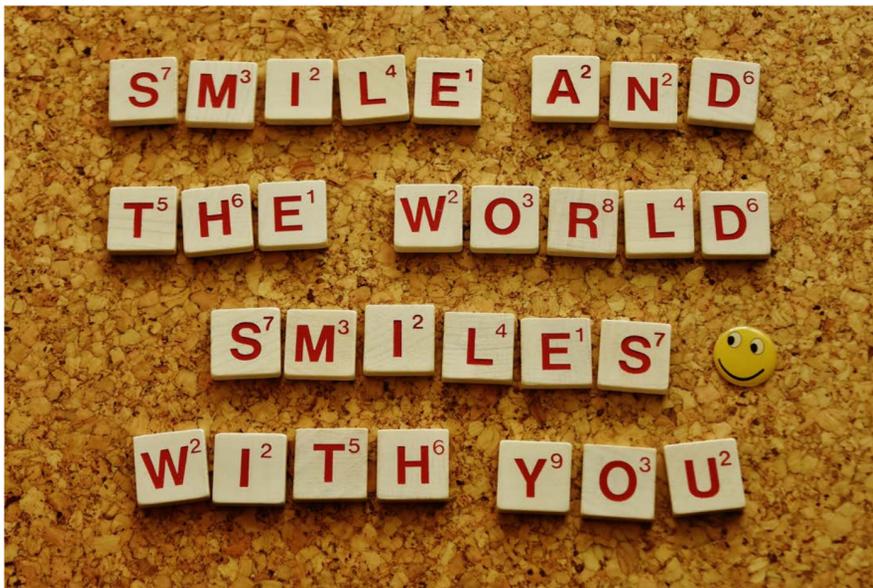
- I am important!
- Today I will do my best!
- I am a good friend!
- I believe in myself.
- Today is a good day.
- I am confident!



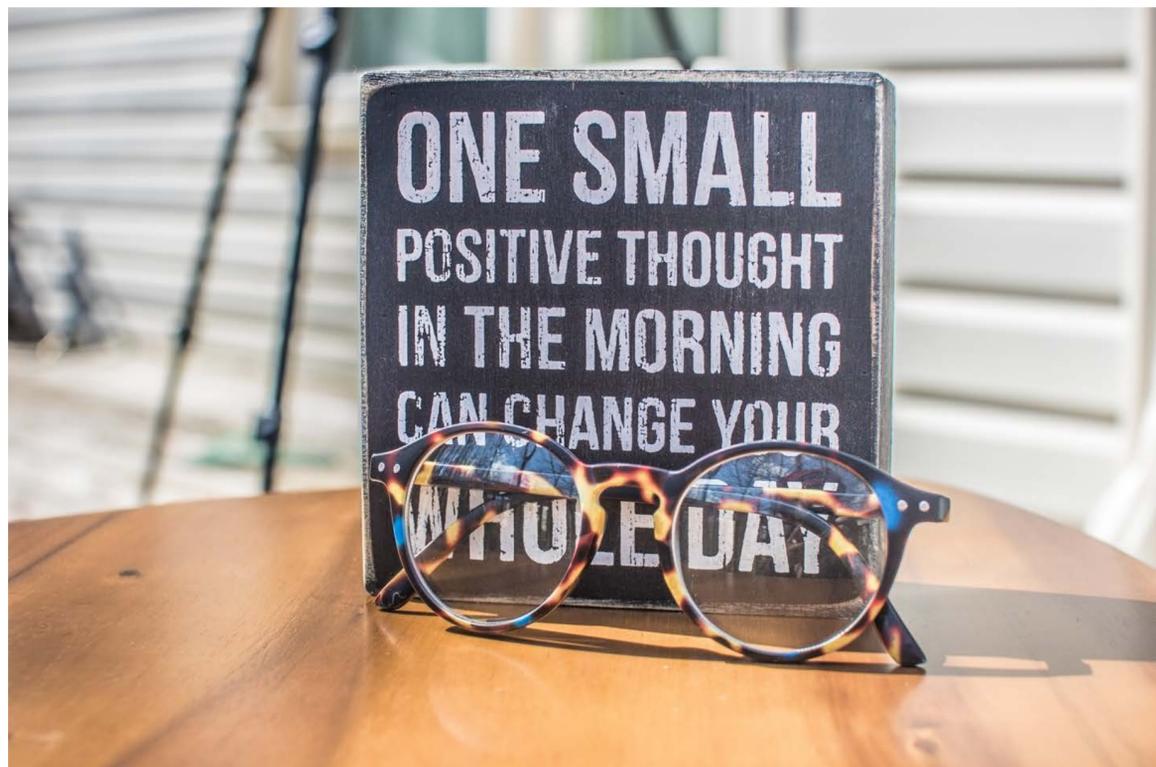
BE
KIND

BE
FABULOUS

be
yourself



POSITIVE
VIBES



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ANSWERS FROM THE LAST ISSUE

RIDDLES AND GIGGLES

1. What is a leprechaun's favourite cereal?

A = **Lucky Charms!**

2. Why do leprechauns recycle?

A = They like to **go green!**

Riddle: Why can't you iron a four-leaf clover?

A = Because **you shouldn't press your luck!**



ANSWERS FOR THIS ISSUE

RIDDLES AND GIGGLES

1. What do you call a cow in an earthquake?

A = a **milkshake!**

2. What are two things people never eat before breakfast?

A = **lunch** and **dinner!**

Riddle: What becomes shorter when you add 2 letters to it?

A = **the word "short"!**

