



# 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 cakes and baseball have in common?
2. Would February March?



**Riddle:** What travels around the world but stays in one spot?



## TAKE A TRIP TO...

### Wild Earth KIDS

<https://wildearth.tv/kids/>

Join Wild Earth on a free, **LIVE** and interactive safari experiences, transporting you and your mentor from wherever you are onto the back of a virtual safari vehicle! For 45 minutes, safariLIVE will tour some of the most iconic wildlife areas in the world. They interact with their expert naturalists in real time as they drive through the African wilderness, asking questions about what they see. Currently, no bookings are required but please visit the website in advance for more information.



## BIG LINKS

### Spongebob Fitness Challenge

[https://www.youtube.com/watch?v=lm\\_dCgRUuCO&ab\\_channel=TeacherMisterAlonso](https://www.youtube.com/watch?v=lm_dCgRUuCO&ab_channel=TeacherMisterAlonso)

Looks like Spongebob and his friends are having a blast down in Bikini Bottom. Join the gang for an active game of "Guess the Animal Sound" in ways that are healthy for both your body and mind. Check out the video's description for part 2 of the fun!



# Raise *Self Esteem*

## Now

I'm proud of these traits:

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3 compliments which make me feel awesome

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

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3 Factors which crush my self esteem

3 things I will do to handle the 3 factors above

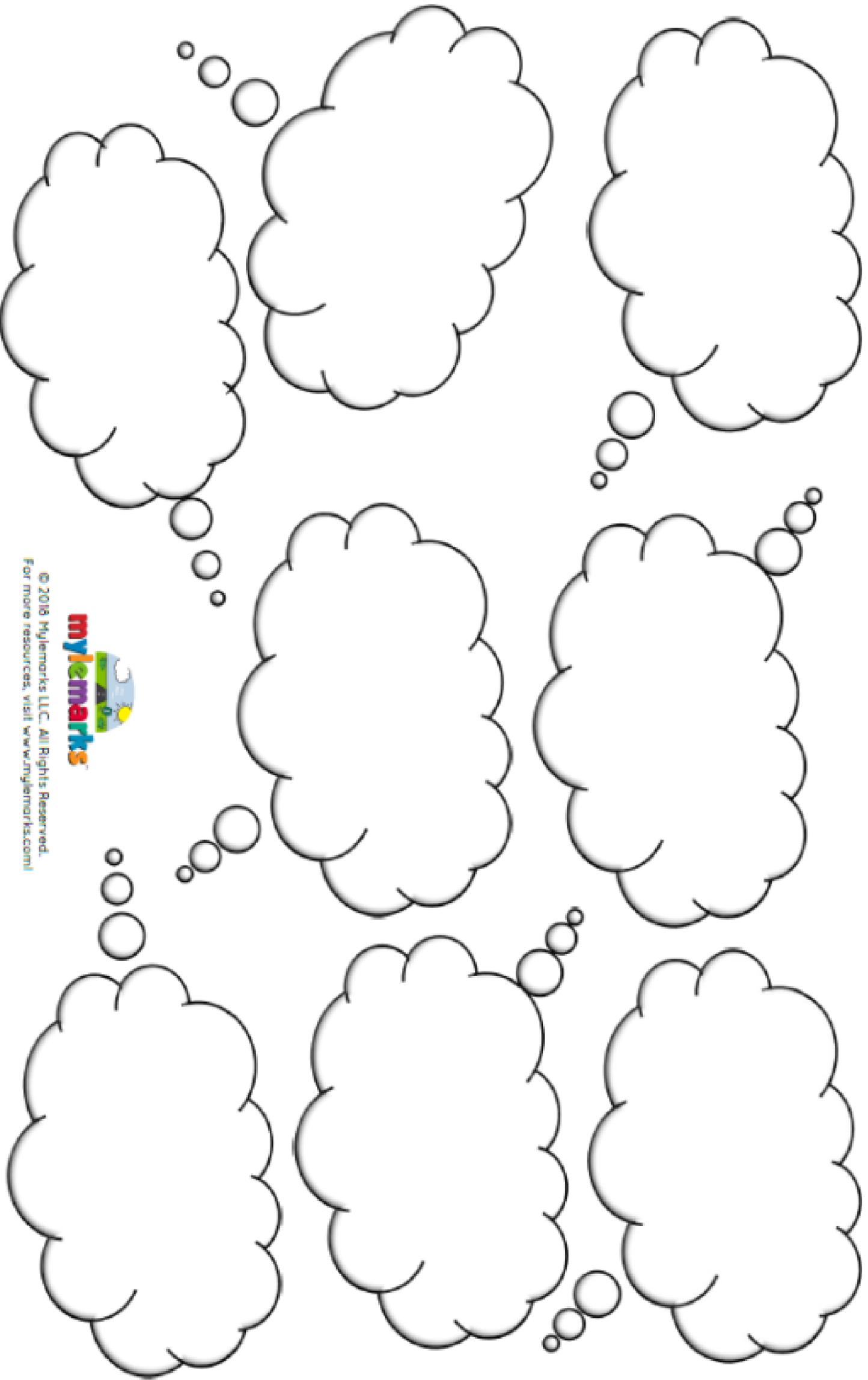
*Notes*

SHIKAH ANUAR



# POSITIVE SELF-THOUGHTS

Whenever you feel bad about yourself, what are positive thoughts that can help you feel better?



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## BIG ACTIVITIES

# Positivity Shield



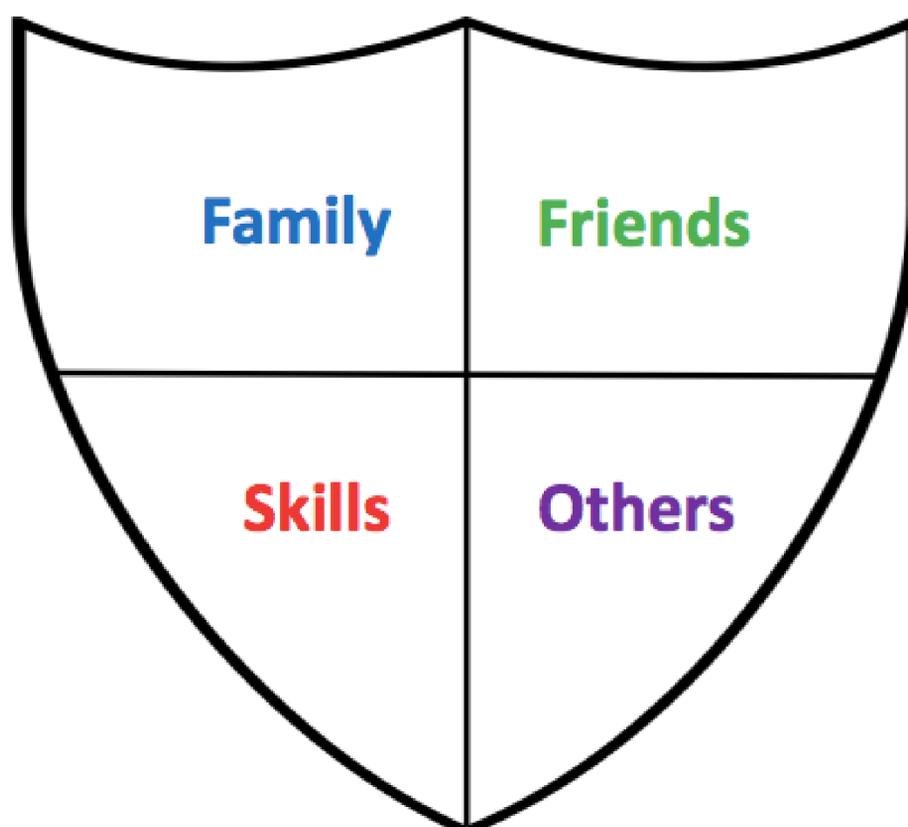
We are all living in some weird times right now, and it's totally normal to feel upset or down about it some days! However, we want to make sure you have the tools you need to help bring your mood up on a bad day. As you may know from the many fairy tale or superhero movies you have watched, shields are used to protect us from all the hardships in the world. Given this, we would like to introduce to you...the Positivity Shield! This shield can protect you from negative thoughts and bad days. Bring out your shield whenever hardships come your way or whenever you would like to reflect on all the positive things and people surrounding you. This is a great activity you can do alone, with your mentor, or with a family/friend!

### Instructions:

1. Draw a shield pattern like the one seen below on a sheet of paper.
2. Divide the shield into four sections by drawing a horizontal and vertical line.
3. Label the four sections as "Family", "Friends", "Skills" and "Others"
4. Write people or skills/abilities in each section that can help to protect you or help you feel better when you're feeling down.
5. You can also write some positive affirmations on and around your shield! Here are some examples:
  - a. I can do this.
  - b. I believe in myself.
  - c. I am strong and capable.
  - d. I know the right thing to do.
  - e. I believe in my goals and dreams.
  - f. My mistakes help me learn and grow.
6. Keep the shield as a reminder that you are never alone in the struggles and difficulties that you face!!

### Materials:

- Paper
- Drawing utensils



# ANSWERS FOR THIS ISSUE

## RIDDLES AND GIGGLES

1. What do cakes and baseball have in common?

**A:** They both need a batter!

2. Would February March?

**A:** No, but April May!

**Riddle:** What travels around the world but stays in one spot?

**A:** A stamp!

