



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

- Why did the teacher jump into the pool?
- Why does Ice Cream always get invited to a party?
- What is brown, hairy and wears sunglasses?
- What gets wet the more it dries?



TAKE A TRIP TO...

Vimy Ridge and learn about one of Canada's greatest victories. The Battle of Vimy Ridge began on Easter morning 1917. Amid sleet, mud and shellfire, the soldiers of the Canadian Corps fought their way up the ridge to take the high ground overlooking the Douai plain in France. Explore the tunnels our soldiers hid in, the stunning memorial, and more! [**CLICK HERE**](#)



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

BIG LINKS

Pride Month is nearly over, but it's not too late to celebrate and learn more!

Check out some amazing videos on

CBC Kids [HERE](#)

or choose a film (some as short as 4

minutes!) about LGBTQ+ issues [HERE](#)



Pride Month!

Across

2. A person's sexual preference or identity as heterosexual, bisexual, or homosexual
5. A woman who loves other women
9. A person whose gender identity (how they feel inside) is different from their body's gender
11. A person who loves members of both sexes
12. Played the first LGBTQ lead character to come out on a television sitcom
13. A black lesbian poet who wrote of her life experiences, including discrimination, with honesty and at times anger
14. A transgender woman who was open about her journey in an era where she was ridiculed for it
15. To openly declare your LGBTQ identity for the first time
16. The first openly gay member of the United States Senate

Down

1. Typically, gender is the state of being male or female, though some people identify as non-gendered or both genders.
3. Two people of different genders who love each other; male and female
4. The designer of the first rainbow pride flag
6. An inclusive acronym describing people who are lesbian, gay, bisexual, transgendered, or questioning their gender identity or designation.
7. A person's sense on the inside of their gender - male, female, both, or neither
8. Two people of the same gender who love each other; male and male or female and female
10. A man who loves other men

NEW!

Art Therapy with Jayne



What is Art Therapy?

Sometimes, words aren't enough for people to fully express their thoughts and feelings. Making art can help people to explore and express themselves.

Who Are You?

My name is Jayne Stewart. I'm a Registered Social Worker who provides individual and group-based mental health care. Recently, I became an Art Therapy Student at the Vancouver Art Therapy Institute to enhance my ability to facilitate meaningful arts-based experiences.

**As a Big Brother Big Sisters Mentor, I am offering
free Art Therapy groups to Big Brother Big Sisters Mentees.**

Tell me more!

Prior art experience is not needed to participate in Art Therapy. Art Therapy is very different than an art class, because the purpose is not to create realistic or beautiful art. Although that may occur, the focus of Art Therapy is to use art materials to help you express yourself.

Following suggested themes will be optional in this group, If participants prefer to create art following a different topic, please follow your instincts.

Art Therapy doesn't require fancy art supplies. If you have some pencil crayons, markers, paper, glue and scissors you are all set to participate in Art Therapy. Art Therapy may include the use of materials such as items in your recycling bin or natural elements such as grass, leaves, or soil.

Art Therapists do not analyze your artwork. Only you know the meaning of your art, and what you thought and felt while creating your artwork. At the end of each group session, you'll have an opportunity to talk about what you created and your experience with art-making. You get to decide if you'd like to talk about your art with the group, and what parts of your art you'd like to share.

**I'm looking forward to making art together and having
some really great conversations!**

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BIG ACTIVITIES



Goodbye school...

Hello SUMMER!!!



Time to make that summer bucket list! Create a list of activities, experiences, and goals that you hope to achieve this summer!



ANSWERS: RIDDLES AND GIGGLES

Why did the teacher jump into the pool? They wanted to test the water

Why does Ice Cream always get invited to a party? It's so cool

What is brown, hairy and wears sunglasses? A coconut on vacation

What gets wet the more it dries? A towel



CONGRATULATIONS
on finishing the school year!
We are SO PROUD of how hard
you've worked.



BRAVO!!!

