



# 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 does everyone want the ice cream to play for their soccer team?

Why did the Popsicle turn down his job as the ice cream vendor?

Why are spiders good swimmers?

What did Cinderella wear on her feet when she went for a swim?



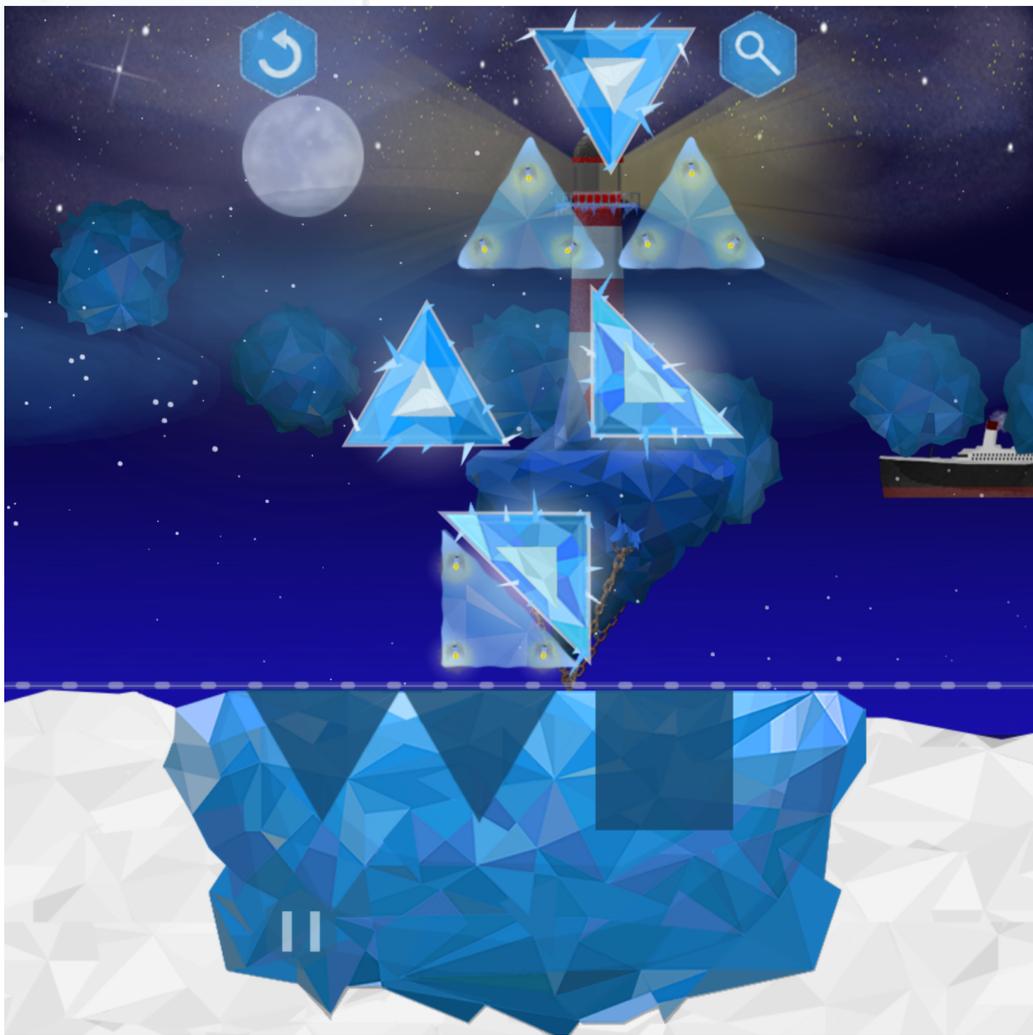
## TAKE A TRIP TO...

The Arctic! Join this 360 environmentally friendly tour. Discover and learn more about the Arctic and how it is changing. Click on the video to pause and look all around this wintry land. See the northern lights and explore one of the most remote places on earth.

**[CLICK HERE](#)**



# BIG LINKS



Maybe this iceberg puzzle game will help cool you down?! Try this and other games

**HERE**

Or challenge yourself with a classic game of Sudoku! Lots of puzzles for all levels can be found

**HERE**

	2		3	4	5			7
	5				6	3		
4					1	2	6	5
7	3		1					9
6		5		7	9			3
2		9			8	7		
	4	2			7	9	5	1
				5			3	8
	6					4		2



# STAY COOL



77aNEIGHBORGGOODS.COM  
77aNEIGHBORGGOODSwithLove

*What's Your Favourite  
Ice Cream Flavour?*



# BIG ACTIVITIES

## MAGIC SLUSHIE HACK

No blender, no problem!

Try this recipe for a delicious and refreshingly magical treat.

### Ingredients & Materials

- Ice cubes (25-30 aprox\*)
- 2-3 tablespoons salt
- 1 cup juice (any flavour!)
- Large Ziplock bag
- Small Ziplock bag
- Oven mitts (trust us, it gets chilly!)

### Instructions

1. Using a large Ziplock bag, place the ice cubes and salt and mix well.
2. Place juice in a smaller Ziplock bag, take out all the air, and seal tightly.
3. Place bag of juice in the bag of ice and salt and close it.
4. Shake for about 5 minutes or until juice freezes and transforms into a slushie.
5. If it gets too cold, wrap a dish cloth around it and continue shaking.
6. Pour into a cup and serve right away.
7. Enjoy!



**Do you have any other *cool* recipes you use to beat the heat? Let us know!**



## **ANSWERS: RIDDLES AND GIGGLES**

**Why does everyone want the ice cream to play for their soccer team?** Because with the ice cream as the striker of the team, anything is popsicle

**Why did the popsicle turn down his job as an ice cream vendor?** Because he didn't want to work on sundaes

**Why are spiders good swimmers?** They have webbed feet

**What did Cinderella wear on her feet when she went for a swim?** Glass flippers



# **Art Therapy with Jayne**



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

**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.**

**Get in touch!**

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