



Big Brothers Big Sisters

Proudly Presents...

THE IN SCHOOL MENTORING PROGRAM Match Activity Guide for Mentors

FUN WEEKLY
UNITS FROM
SEPTEMBER
TO JUNE



*Hot Discussion Topics, Insightful
Worksheets & Fun Activities!*



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The Match Activity Guide for Mentors was published by:

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Message to Users

This Guide was created to inspire In School Mentors and provide them with a number of activities that Mentors can use throughout the school year. All discussions and activities are optional, and Mentors are encouraged to mix and match discussion topics and activities to best suit their match interests. Discussion questions are intended as a starting point and the list is not exhaustive. Discussions may vary depending on a Little Buddy's age, maturity, and life experience. If a Mentor or Little Buddy feels uncomfortable with an activity or discussion topic, it may be skipped or swapped for another, and Mentors are reminded to be sensitive. Worksheets may be photocopied directly from the Guide or downloaded and printed off our website: www.mentoringworks.ca

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HOW TO USE THE IN SCHOOL MENTORING PROGRAM SAMPLE CURRICULUM:

- STEP 1:** Flip through this manual before your next meeting to find a topic that interests you or that is relevant to something your Little Buddy is going through (eg. problems with a friendship). The Sample Curriculum is organized to be followed by week, but you are totally welcome to jump around and skip topics and go back to them later on! Pick what interests you and your Little Buddy. Everyone is different! You are also welcome to come up with your own ideas for discussion topics and activities, but this resource is here in case you get stuck and need some help! Use it as much or as little as you want to. It won't get offended.
- STEP 2:** Visit the **Big Brothers Big Sisters Abbotsford, Mission, Ridge Meadows Website** (www.mentoringworks.ca) to Download and Print the Activities, Recipes, and Resource Material that interest you. The Material is organized by unit in the Resource Section under "In-School Mentoring Program Sample Curriculum" making it easy to access what you need and only what you need! If you don't have internet access, your Mentoring Coordinator can provide you with a print copy of the unit you need. Make sure you also check out the *Literacy Handbook*, and *DOVE Self-Esteem Workbook for Girls*, also listed on our Volunteer Resource Page for even more activities to do.
- STEP 3:** Come to your next In-School Mentoring Session prepared to Make A Little Magic and Build Your Friendship!

ADDITIONAL RESOURCES:

Make sure you also check out the "Supplemental Materials" link on the Website. These resources don't necessarily fit into any of the units, but there are weekly discussion worksheets you can incorporate into any day, as well as some valuable reading on issues related to boosting kids' self-esteem and talking to them about tough issues like alcohol and drugs. We also have downloadable articles under "The Healthy Lifestyles Project" that discuss topics related to Healthy Bodies (*Nutrition, HIV/AIDS, Herpes, etc.*) to Healthy Minds (*eg. Suicide Prevention, Addiction, Grief and Loss*) to Healthy Relationships (*eg. Fitting In, Internet Safety, Mental Illness, Relationship Violence*). Talk to your Mentoring Coordinator for more information on how to use these great resources. That's what they are there for!

Remember: These Resources are for you!

If you aren't finding what you need or you have a great idea of something to add to the

Curriculum, let your Mentoring Coordinator know. Chances are if you and your Little Buddy love that game you invented or the recipe you created, other Buddies will too!

FUN ACTIVITIES:

Big Buddies,

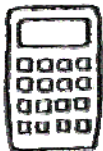
After each discussion topic and themed activities related to the discussion, there are various fun activities listed that fall under the following categories:

- **Analytical/Numeracy Skill Builder**
- **Literacy Skill Builder**
- **Arts and Crafts**
- **Physical/Recreational Activity.**

Feel free to mix and match these activities to suit the day, but remember to try to alternate activities from each category as you move through the weeks! For a complete list of activities check out the handy cross-reference guide at the end of the manual.

Remember – these are just suggestions! There are many more activities the two of you can come up with!

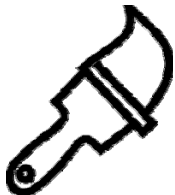
LEGEND:



Analytical or Numeracy Skill Builder



Literacy Skill Builder



Arts and Crafts Activity



Physical/Recreational Activity

UNITS AVAILABLE ON OUR WEBSITE:
(www.mentoringworks.ca)

TABLE OF CONTENTS

SEPTEMBER: SETTLING IN

- Week One: Meeting Your Mentor!
- Week Two: Personal Values
- Week Three: My Heroes
- Week Four: Self-Esteem

OCTOBER: WORKING TOGETHER

- Week One: Friendship
- Week Two: Positive Communication
- Week Three: Problem-Solving
- Week Four: Making Good Decisions

NOVEMBER: CARING FOR OURSELVES

- Week One: Internet Safety
- Week Two: Personal Health
- Week Three: Self-Respect
- Week Four: Nutrition

DECEMBER: THE WORLD AROUND US

- Week One: Discrimination
- Week Two: Current Events
- Week Three: Great Inventions
- Week Four: My Family

JANUARY: PLANNING AHEAD

- Week One: What Do I Want to Be?
- Week Two: Looking for a Job
- Week Three: Embracing Our Differences
- Week Four: Secret Agent Day

FEBRUARY: THE FUTURE AWAITS

- Week One: Money Management
- Week Two: Healthy Relationships
- Week Three: Post-Secondary Education
- Week Four: Time Management

MARCH: STAYING TRUE TO OURSELVES

- Week One: Peer Pressure
- Week Two: Bullying
- Week Three: Dare to be Different
- Week Four: Stress Management

APRIL: IMPROVING OURSELVES

- Week One: Self-Improvement
- Week Two: Critical Thinking
- Week Three: Setting Goals
- Week Four: Conflict Resolution

MAY: OUT ON A LIMB – TRYING NEW THINGS

- Week One: Life Lessons
- Week Two: Trying New Activities
- Week Three: The Importance of Literacy
- Week Four: Personal Safety

JUNE: WRAPPING UP THE SCHOOL YEAR

- Week One: Making Memories
- Week Two: What Have I Learned?
- Week Three: Celebrity for A Day
- Week Four: A Time for Reflection

SUPPLEMENTAL MATERIALS:

- Weekly Discussion for Mentors
- ‘Stuff About Me!’ Survey
- Talking With Kids About Alcohol and Drugs
- 5 Ways to Boost a Girl’s Self-Respect
- The Net Neighborhood: Understanding Cyber-Bullying

HANDY CROSS-REFERENCE:

Can't Remember Which Unit You Found That Fun Activity In?

LITERACY/NUMERACY/ANALYTICAL ACTIVITIES:

Charlie and the Chocolate Factory (December, Week 3)
Checkers/Chess (November, Week 3)
"Choose Your Own Adventure": Read, then write your own (June, Week 2)
Create your own knock-knock jokes (May, Week 1)
Design a new cover for a book that better reflects the story (May, Week 4)
Diary of Anne Frank (November, Week 2)
Halloween Activities: Read The Legend of Sleepy Hollow or tell ghost stories (October, Week 4)
Hangman or Word Games (February, Week 2)
Harry Houdini (November, Week 1)
Jigsaw Puzzle (December, Week Two)
Learn to count to Ten in a foreign language (April, Week 4)
Magic and Card Tricks (November, Week 1)
Multiplication Bingo (February, Week 2, March Week 1)
One Sentence Stories (April, Week 3)
Pirates: Read from Peter Pan or Treasure Island in your best pirate voice! (September, Week 3)
Read from a joke book (September, Week 2, April, Week 2)
Remembrance Day Poems – Discuss "In Flanders Fields" then write your own poem about war.
Sudoku Puzzles (December, Week 2)
Suggest your favorite book to each other (May, Week 3)
Take turns reading a book to each other (February, Week 4, March, Week 1)
Write a book review (May, Week 3)
Write a letter to a celebrity (April, Week 3)
Write each other a letter (June, Week 4)
Write your future self a letter (April, Week 3)

RECREATIONAL AND ARTS & CRAFTS ACTIVITIES:

Anti-bullying poster (March, Week 2)
Ask your Mentee to teach you something he knows (March, Week 2)
Bead Animals (April, Week 2)
Bowling (December, Week 4)
Bubbles (January, Week 3)
Bug Zoo (April, Week 1)
Build Card Houses, Jenga Towers, or Log Cabins out of popsicle sticks! (September, Week 2)
Cartoon Characters and Comic Strips (April, Week 2)
Cat's Cradle or Catch (March, Week 2)
Chocolate Chip Cookies (October, Week 1)
Choose a Famous Personality and be Interviewed by Mentor (June, Week 3)
Choose a Place on Map or Globe and Learn About it (January, Week 3)
Collage: "All About Me" (February, Week 1)
Create your own Scavenger Hunt (June, Week 3)
Cultural Crafts (eg. Dreidels) (December, Week 1)
Dance Revolution: Learn to Do the Chicken Dance or Macarena! (September, Week 1)
Design a book cover (May, Week 4)
Draw A Picture with your eyes closed (October, Week 3)
Dream Vacation Planning (February, Week 1)
Dr Seuss's Wacky Wednesday (March, Week 3)
Easter-Egg Decorating (April, Week 2)
Fingerpainting (April, Week 3)
Fingerprinting (January, Week 4)
Funny Creature Collages (April, Week 2)
Friendship bracelets (February, Week 3)
Gingerbread Houses/Gingerbread Men (December, Week 2)

Good Deeds Around School (December, Week 4)
Gross Grub (March, Week 3)
Halloween Activities (October, Week 4)
Hangman with sidewalk chalk (June, Week 3)
Holiday Cards (December, Week 1)
Holiday Crafts (December, Week 4)
Hopscotch/Four-Square (February, Week 1)
Hot Chocolate (December, Week 3)
Inventions (December, Week 3)
Jigsaw Puzzles (December, Week 2)
Jogging (November, Week 4, May, Week 2)
Juggle (February, Week 2)
Kite-flying (February, Week 3)
Leaf Rubbings (November, Week 4)
Magic Mud (April, Week 4)
Magic Tricks and Card Tricks (November, Week 1)
Mask-making (February, Week 4)
Memory Books (June, Week 1)
Music Bingo (September, Week 4)
Mini Crime Scene Investigation (January, Week 4)
Mini Pizzas (March, Week 1)
Mini Skateboard Park (March, Week 2)
Movie Poster (June, Week 3)
Obstacle Course (September, Week 3)
One-sentence Stories (April, Week 3)
Paint old t-shirts (October, Week 3)
Paper Airplane Races (January, Week 1)
Paper Snowflakes (December Week 1)
Pet Rocks (November, Week 4)
Photography (May, Week 1)
Picnic (April, Week 1)
Plant seeds in a flowerpot and see if they grow (March, Week 2)
Play in the playground (June, Week 1)
Play 'I Spy' or spot cloud shapes (April, Week 1)
Play marbles or build Lego towers (June, Week 2)
Play with playdough (April, Week 4)
Pumpkin Carving (October, Week 4)
Races in the Gym (February, Week 4)
Remembrance Day Activities (November, Week 2)
Research a New Activity and try it out (May, Week 2)
Sadako's Paper Cranes (January, Week 3)
Safety Wordsearch (May, Week 4)
Scavenger Hunt Around School (September, Week 1)
Science Experiments (January, Week 2)
Shoobox Dioramas (June Week 2)
Show and Tell (March, Week 1)
Sock Puppets (November, Week 2)
Table Manners (May, Week 2)
Teach each other something (May, Week 2)
Thanksgiving Craft (October, Week 2)
Thumbprint Art (April, Week 3)
Trace Each Other (April, Week 4)
Treasure Hunt (November, Week 3)
Trivia (February, Week 3)
Unbirthday Party (March, Week 4)
Valentine's Day (February, Week 2)
Volcanoes (January, Week 2)
Wacky Wednesday (March, Week 3)
Walk around the school grounds (June, Week 1)
Willy Wonka (December, Week 3)
Write down ten things you like about each other (May, Week 1)