

# ICEBREAKERS BGCBigs Mentoring Toolkit

## MENTORING ACTIVITY IDEAS

### GOAL: Relationship Development

- Take advantage of membership deals with BGCBigs (ask your Match Facilitator!)
- Make a list of questions you'd like to ask your Big or Little and ask them
- Learn about each other's cultures and go to cultural events together
- Celebrate one another's birthday
- Work on a school project or homework together
- Take a class together and learn something new
- Make a scrapbook about your time together
- Keep a journal together and write an entry after each outing
- Look through photo albums
- Put together a time capsule and set a date to open it together
- Read joke books out loud
- Make friendship bracelets
- Watch each other's favourite age-appropriate movies

### GOAL: General Life Skills

- Go grocery shopping together – plan a menu, budget for it, and compare prices of ingredients
- Plan a budget for the month and start saving up
- Save up your money and take a day trip
- Go shopping at a second hand store
- Have a garage sale or visit one
- Go fishing at a pond or on a dock
- Cook or bake a new recipe
- Barbecue together
- Make s'mores
- Make ice cream sundaes
- Make jello or pudding
- Go on a picnic
- Pick your own vegetables or fruit at a "U-Pick" farm and make jam
- Pick flowers from your garden and arrange them
- Plant some vegetables, herbs, flowers, or a tree
- Build a woodworking or carpentry project
- Explore public transportation
- Take a first aid course together
- Learn something new – pick a new skill or topic and learn about it together
- Research something you are both interested in

- Find a new recipe or craft to make on Pinterest or Google
- Paint an old piece of furniture
- Paint your fence
- Decorate t-shirts for a special occasion
- Make homemade potpourri with dried flower petals
- Do each other's hair, nails, or makeup
- Paint each other's faces for a special event
- Decorate your room with art you made together
- Knit, crochet, sew, or mend clothes
- Do laundry or other chores
- Wash the car
- Mow the lawn
- Collect bottles and take them to the bottle depot
- Study for your learner's or driver's exam
- Do a scavenger hunt together – or set up a scavenger hunt for each other
- Wrap a gift for someone special
- Go for a walk and take photos of wildlife and scenery
- Try geocaching

## GOAL: Physical Skills

- Try a new sport (basketball, football, hockey, soccer, tennis, baseball, croquet, cricket, golf, lacrosse, volleyball...)
- Go for a bike ride
- Go rollerblading
- Play Frisbee
- Play catch
- Take a hike on a nature trail
- Swim at a free outdoor pool
- Go paddle boating
- Play with water balloons
- Visit a spray park
- Play bocce or other lawn games
- Rake leaves into a pile and jump in
- Skate at a free outdoor rink
- Go snowshoeing
- Go downhill or cross country skiing
- Build a snowman or make snow angels
- Learn how to dance
- Work out together
- Play mini golf
- Go bowling
- Visit your local rec centre

## GOAL: Charity

- Volunteer together
- Make or buy a donation for a good cause
- Clean up litter in your neighbourhood
- Shovel sidewalks or mow lawns for your neighbours

## GOAL: Leadership, Growth, and Empowerment

- Explore community resources that support youth
- Try new activities or events in the community

## GOAL: Educational Skills and Learning

### Arts

- Draw or paint together
- Colour together
- Decorate the sidewalk with chalk
- Make a collage with pictures from magazines
- Make puppets and put on a show
- Make jewellery
- Make papier mache sculptures
- Take a pottery or ceramics class
- Take up photography
- Learn calligraphy
- Make holiday decorations and put them on display
- Watch a documentary or educational movie
- See a play or concert together
- Read a play and see it produced, or read a book and see the movie
- Make a musical instrument out of supplies you have at home
- Visit an art gallery
- Have your own paint night with some art supplies and a YouTube video

### Brain Development and Knowledge

- Play a board game
- Tackle a jigsaw puzzle
- Solve a crossword puzzle or logic puzzle together
- Go stargazing and try to identify constellations
- Look for shapes in the clouds
- Play "I spy" outdoors

### Culture/History

- Research another country – learn about its language, culture, and people
- Learn to cook food from another country
- Go to a cultural event
- Use a globe or Google Maps to locate friends, travel destinations, and current events

- Visit Heritage Days
- Visit the Ukrainian Cultural Heritage Village
- Take a historical tour of the city
- Interview senior citizens about their life story and historical events
- Tour a museum

### Hands-On Learning

- Make a kite and fly it
- Find a craft kit and make it together
- Start a collection (rocks, coins, stamps, cards...)
- Buy a yo-yo and learn tricks with it
- Make a terrarium
- Build a model car, airplane, or boat
- Learn magic tricks or card tricks from a book or video
- Tune up your bicycles together
- Build a model house with popsicle sticks and glue
- Make a fort
- Make homemade play dough or slime – find a recipe online
- Learn to fold origami
- Try some science experiments – buy a kit or look them up online

### Languages/Literacy Skills

- Tour the public library
- Learn some words in another language
- Learn some sign language
- Look up new words in the dictionary
- Read a book together
- Write a story together
- Tell each other stories
- Write a letter to a loved one
- Participate in a summer reading program

## GOAL: Career Development

- Tour your Big's workplace or do a job shadow
- Visit a job site together
- Interview someone who has an interesting job
- Research career qualifications
- Take a career aptitude test
- Tour a local high school, university, or college
- Do a mock job interview
- Work on your resume together

## LOCAL ATTRACTIONS/PLACES TO VISIT

- Swim at a public pool
- Skate at a public skating rink
- Visit a pet store
- Play at a city park or playground
- Visit a farm
- Learn something new at the Telus World of Science
- Explore nature at Elk Island Provincial Park
- Look at the plants at the Muttart Conservatory
- See the animals at the zoo
- Smell the flowers at the U of A Botanic Garden in Devon
- Window shop at West Edmonton Mall
- See the dinosaurs at Jurassic Forest
- Get lost in the corn maze
- Experience the great outdoors at the Strathcona Wilderness Centre
- Learn about wildlife at the John Janzen Nature Centre
- Go back in time at Fort Edmonton Park
- Spend time at a farmer's market or craft sale

## EVENTS

- Attend BGCBigs activities and events
- Watch a bike race or marathon
- Celebrate Canada Day
- Go to a sporting event (baseball game, hockey game, football game, etc.)
- Watch a parade
- Have a laugh at the Street Performer's Festival and Fringe Festival
- Go on some rides at K-Days
- Visit an expo at Northlands
- See the Ice on Whyte Festival
- See the Sand on Whyte Festival
- Try some new food at Taste of Edmonton

