

BBBS Activity Guide Book

5-7 year olds

- ✓ Be patient, encouraging, & flexible
- ✓ Give supervision with a minimum amount of interference
- ✓ Give praise, opportunities for successful completion & suggestions on acceptable behavior

Activity Suggestions:

Bake cookies, Visit a playground or zoo, Play board games – UNO, Checkers, Bingo
Read stories, Ride Bikes, Activities with animals (if the child is not afraid), Throw a ball

8-10 year olds

- ✓ Recognize allegiance to friends & heroes
- ✓ Remind child of responsibilities in two-way relationship
- ✓ Acknowledge performance
- ✓ Offer learning experiences

Activity Suggestions:

Little League games, Video games, Board games, Craft projects/fix it projects, Mini golf,
Swimming, Horseback riding

11-13 year olds

- ✓ Offer alternative opinions without being insistent
- ✓ Be accepting
- ✓ Give frank answers
- ✓ Offer money-making opportunities
- ✓ Share aspects of professional life
- ✓ Do not tease about appearance, clothes, boyfriends, sexuality – Affirm often

Activity Suggestions:

Trivial Pursuit, Take to your workplace, Help with homework, Build a model or a go-kart,
Creative writing, Skating, Bike Trip, Movies, Music or concerts – especially current style
or group

14-16 year olds

- ✓ Give choices and don't be afraid to confront inappropriate behavior
- ✓ Use humor to defuse testy situations
- ✓ Give lots of positive feedback – let them know affection is for them, not their accomplishments
- ✓ Be available and be yourself – strengths, weaknesses, and emotions
- ✓ Be honest and disclose appropriate personal information to build trust

Activity Suggestions:

Take an aerobic or exercise class together, Tennis or skating lessons, Try ethnic restaurants, Walks and talks, Cooking, Movies, Community service projects, Car repair, Concerts, Career visits, Help with homework

What follows are additional activity ideas that you might consider when planning for the time you spend with your Little. Remember that the most effective match activities are ones decided together by your Little and you, so find out what he/she enjoys or wants to do and find things in common that the two of you want to do.

ACTIVITY IDEAS

SPORTS

- Shoot some hoops.
- Go roller skating or in-line skating
- Play ice hockey or “eraser hockey.”
- Play soccer.
- Throw around a football or baseball.
- Check out lesser-known sports such as field hockey, rugby or rowing.
- Bring in and talk about your collection of trading cards.
- Talk about local college and high school sports.
- Talk about your favorite sports and teams.
- Toss a Frisbee.

NATURE & WILDLIFE

- Explore a creek and look for fossils.
- Walk around and pick up leaves. Find a book in the local library to determine what kinds of trees they are from.
- Buy a small pot of dirt and plant some seeds together. When the plants begin to grow, let your Little take them home.
- Build a birdhouse together.
- Check your local parks and recreation department for fall foliage walks or activities.
- Collect colorful fall leaves and iron them between waxed paper to preserve them.
- Do some gardening.
- Look at bugs and worms.
- Plant a tree.
- Plant bulbs together and in the spring enjoy the beautiful flowers.
- Take a walk and talk about the various types of plants and trees.
- Walk a dog.

HOBBIES & LEISURE

- Draw on the sidewalk with chalk.
- Learn about music—pop, rock, hip hop, country, classical or whatever your Little likes.
- Discuss your favorite hobbies. Or start a new hobby together!
- If you have a collection, take it to school and show it to your Little.
- Create mazes.
- Explore your neighborhood on bikes. Wear helmets and talk about bicycle safety.
- Find out your Little's special interest and check out books on the subject from the library.
- Rake leaves and jump in them.
- Get ice cream on a warm spring day.
- Go outside and take pictures together.
- Hang out and talk.
- Have a picnic.
- Talk about dream vacations.
- Learn swing dancing together.
- Make and/or fly a kite.
- Brainstorm things to do during spring break.
- Watch TV together.
- Play and splash in the puddles after a good rain.
- Play cards or a board game.
- Play common outside games like hide and seek, I Spy, Kick the Can, Hopscotch, and Freeze Tag. Stress following rules and good sportsmanship.
- Play Hangman and other word games to improve vocabulary.
- Play Memory, Sequence, Chess, or other games to enhance concentration skills.
- Play with Play-Doh.
- Put puzzles together.
- Run through the sprinkler.
- Share a talent or teach a skill.
- Sit under a tree and talk.
- Swap photos of each other.
- Teach your Little how to crochet or knit.

CREATIVE & CULTURAL ARTS

- Take photos and make an album/scrapbook
- If you go on a trip, send a postcard to your Little.
- Build a model.
- Celebrate a friend's religious holiday.
- Study or talk about different places of worship.

- Create a collage using construction paper and old magazines.
- Create a neighborhood newsletter.
- Develop a portfolio of the things you two have created.
- Study or talk about local museums.
- Develop a website.
- Learn some words in a foreign language.
- Make a scrapbook of all the different things you have done together or of all the things that interest your Little.
- Use globes, atlases, and maps to learn more about states, the US, and the world.
- Make picture frames using cardboard and tissue paper, glitter, etc. Put a picture of yourselves in the frame.
- Make things out of clay.
- Paint or color. Have your Little create a picture for you. Frame it and hang it in your room.
- Practice storytelling.
- Attend local fairs, concerts and festivals.
- Write a book or poem.

SERVICE & CIVIC PARTICIPATION

- Talk about school or social issues that your Little might want to help out with. Explore the various health and human service organizations in the community.
- Talk about elections and politics.
- Organize a campus-wide service project for your Little and his/her fellow students (for example, a student-led litter clean-up serving or food drive).
- Talk about your experiences as a volunteer.
- Discuss news and current events.

FOOD & HEALTH

- Bake cookies. Create fun designs with colored frosting.
- Try food together that your Little has never tasted before.
- Learn how to make bread from scratch.
- Make caramel apples.
- Plan a week's worth of meals.
- Plan the various courses of a nice dinner.
- Talk about the different food groups.
- Talk about your favorite foods.
- Make homemade ice cream, hot chocolate, popcorn, popsicles, soup, chili, or something else you both like.
- Workout together.

THOUGHTS, OPINIONS & THE FUTURE

- Share family photo albums with each other.
- Compile a “things to do together” list.
- Create a time capsule. What would each of you want future generations to know?
- Find out about your Little’s brothers and/or sisters. Tell him/her about yours.
- Imagine your futures. Talk about what he/she wants to be.
- Investigate new things that will be happening in the community in the next 5, 10, 15 or 20 years.
- Play “20 Questions” to learn more about each other.
- Set your mentoring goals together.
- Share each other’s problems and worries.
- Share life experiences.
- Talk about friends and how to make and keep them. Introduce them to your friends.
- Write a journal together and add to it every time you visit throughout the year.
- Talk about personal values.
- Discuss relationships.
- Make your New Year’s resolutions and set your mentoring goals.
- Talk about the “Golden Rule” and what it means.
- Talk about what you did since the last time you saw each other.
- Discuss college/career plans. Attend Career Day activities.

EDUCATION & THE 3 R’S

- Read a book together. Let your Little select the book.
- Tackle some homework.
- Go to the library and check out a few books.
- Help your Little organize his/her schoolwork and supplies.
- Play math games with flashcards.
- Make a special surprise together for your Little’s teacher.
- Make up your own crossword puzzles with spelling words.
- Read a newspaper together.
- Open a dictionary to any page and learn a new word.
- Share great books you read when you were a child.
- Talk about college.
- Work on the computer.

MONEY, JOBS & CAREER

- Talk about your current or first job.
- Talk about dressing for success or go shopping to discuss appropriate work attire.
- Discuss finances. Help your Little create a budget.
- Explore job and career options.
- Plan and have a garage sale or lemonade stand.
- Go grocery shopping together and use coupons to purchase items.

- Discuss balancing a checkbook and positive use of credit cards.

SEASONAL ACTIVITIES

- Carve a jack-o-lantern for Halloween.
- Make a Halloween costume together.
- Make a scarecrow out of leaves or straw and old clothes.
- Make Halloween candy bags.
- Plan a Thanksgiving dinner together.
- Bake holiday cookies.
- Build a snow fort or a snowman (if we're lucky enough to get snow in Texas!)
- Make a wreath.
- Go sledding.
- Go on a hayride.
- Make holiday gifts for friends and family.
- Rake leaves together.
- Write thank you notes for holiday presents.
- Decorate Easter eggs.
- Watch a Fourth of July fireworks display.
- Give your Little a card on his/her birthday.
- Make a greeting card.

Explore holiday traditions from other religions and/or parts of the world.