



# Big Brothers Big Sisters of Calgary and Area

Serving Airdrie, Cochrane, High River, Okotoks, Rocky View County and MD of Foothills

## What are you working on in your match? Here are some ideas!

### Academics



1. Solve weekly math problems together
2. Work on homework projects together
3. Visit every library in Calgary
4. Try all of the board games you own!
5. Try any new board game

### Communication Skills



6. Read one book per month with your mentor
7. Write a journal together about each visit
8. Explore the different ways you would communicate with a baby, friend, peer, professional, parent, grandparent, etc.

### Recreation/Fitness



9. Explore a new sport (sport, badminton, swimming, soccer, hockey, rollerblading, baseball, tennis, etc.)
10. Visit a recreation center you've never been to
11. Try a work out video together
12. Take a fitness class together
13. Learn to ride a bike
14. Make your own work out video – dressing up is optional
15. Try out an outdoor swimming pool
16. Bike or Rollerblade the city's bike paths

### Health/Nutrition



17. Look up the Canada Food Guide

18. Create an eating plan
19. Try a new food
20. Try a restaurant you normally wouldn't
21. Bake something together
22. Go shopping for groceries, then go on a picnic!
23. Look up the big words on the backs of labels
24. Learn some healthy living skills
25. Make a game – "How to stay Healthy"
26. Watch "Supersize Me"
27. Talk about addictions

### **Social Skills**



28. Talk about boundaries and why "no" is okay
29. Play a board game and follow all of the game rules
30. Talk about first impressions
31. Work on good friendship skills
32. Explore manners in different cultures
33. Talk about bullying and how you can make a difference

### **Cultural**



34. Go to different cultural events in the city
35. Google a specific culture
36. Understand each others' cultures
37. Find out how kids play around the world
38. Try an ethnic food you've never tried before
39. Imitate a youtube video of cultural dancing
40. Explore different traditional clothing and why that was the choice
41. Attend GlobalFest

### **Geography**



42. Share where you come from – find it on a map
43. Dream!! Where do you want to go? Talk about it. Make a plan!

44. Adopt a new country – learn about it!
45. Attend a lecture on a traveller

### **Mental/Emotional Health**

46. Girls: Attend a workshop by the Dove Campaign or at the ParentLink
47. Try out meditating
48. Talk about how to deal with anger
49. Explore how people deal with difficult situations
50. Learn helpful ways to cope with grief and loss

### **Community Awareness**

51. Visit the “Police Interpretive Center” and try out the drunk glasses
52. Go to the Farmer’s Market
53. Investigate the newspaper and find something to do
54. Explore City Hall
55. Go to a resource center (or 211)
56. Attend a Festival
57. Take bus number 72 or 73 all the way around the city
58. Visit parks around the city
59. Dress up and go to Heritage Park
60. Go to the zoo
61. Stand on the glass floor of the Calgary Tower
62. Look up the exhibits at the Glenbow Museum – check them out!

### **Volunteerism**

63. Work on a Habitat for Humanity Project
64. Volunteer at the Mustard Seed
65. Become an event volunteer at a festival or run & walk
66. Walk a dog at the Calgary Humane Society
67. Spend some time at the Drop In Center
68. Check with the community Alderman to see what dates a community clean up day is happening

69. Initiate your own community clean up



***Hobbies/Interests***

70. Scrapbook your adventures

71. Try out photography! Take pictures around the city

72. Visit a hobby store. See what people collect and do!

73. Attend a craft fair

74. Make your own jewellery

75. Take a class at Michaels

76. Investigate project days at Home Depot

77. Try your hand at ceramics

78. Create an on-going comic strip about your visits

79. Make your own “Junk yard Wars” from stuff in your basement

80. Go to Kulinary Kids in Avenida – become a chef!

81. Practice safe cooking skills