



**Big Brothers Big Sisters  
of Peel**

## ACTIVITY BOOKLET

We understand that it can be difficult to balance cost and no cost activities in addition to coming up with new and interesting activities every week. Because Big Brothers Big Sisters of Peel, your Little and their family value you so much, this booklet has been put together to provide you with some ideas for you and your Little. We are hoping that you will find some ideas that will work for you.

### Things to keep in mind:

- When planning and thinking of activities, first and foremost, please keep in mind the child's safety. Be aware of any safety issues wherever you decide to go. Do a quick visual scan of the place.
- Keep in mind their age, developmental level and their comfort zones.
- Please consult with the Little's parent(s) or guardian(s) regarding your outing/ activity.
- Remember to have fun and enjoy each other, even if your outing does not turn out as expected.
- Keep in mind events organized through the agency.
- Take advantage of your discount card.
- Look in your City program for recreation locations and activities.
- Look in the newspaper or pick up the city brochures to see what is going on in your area.
- Look at magazines, newspapers, books at the library to get ideas of what to do.
- Look on the internet for further details, locations and hours.
  
- Some websites that are helpful:
  - [www.city.brampton.on.ca](http://www.city.brampton.on.ca)
  - [www.town.caledon.on.ca](http://www.town.caledon.on.ca)
  - [www.mississauga.ca/portal/home](http://www.mississauga.ca/portal/home)
  
  - [www.trca.on.ca/parks\\_and\\_culture/](http://www.trca.on.ca/parks_and_culture/)
  - [www.conservationhalton.on.ca](http://www.conservationhalton.on.ca)

# ACTIVITY IDEAS

## *Outdoor Activities*

Play with chalk on the driveway (hopscotch)  
Plant some flowers together and watch them grow.  
Take a walk in your community  
Play catch or Frisbee in the park  
Practice your little's favorite sport with them  
Water/summer sports: Canoeing, Kayaking, Fishing, paddleboats, tennis,  
One on one basketball, one on one soccer, bike riding, rollerblading.  
Winter sports: Tubing, skiing, snowboarding, skating, snowshoeing.  
Other sports: swimming, ping pong, badminton, volleyball, rock climbing,  
Gymnastics.  
Go to the zoo  
Go on a nature walk, and point out interesting sights  
Fishing: Credit River, Professors Lake, Glen Haffy  
Go to a golf range/Take a golf lesson  
Check out a tree or garden nursery and learn about the plants  
Go on a nature search, look for pieces of nature (rocks, leaves, sticks)  
Go to the stream, skip rocks, catch minnows  
Go to a conservation area/park  
Bring a ball, have a picnic  
Go for a hike  
Conservation Areas /parks  
Albion Hills Conservation Area  
Glen Haffy Conservation Area  
Heart Lake Conservation Area  
Professors Lake Trail  
Black Creek Pioneer Village  
Lakefront Promenade Marina/Park  
Credit Village Marina  
Chinguacousy Park



## *Indoor Activities*

Read a book together  
Play Pictionary  
Play board games  
Do puzzles  
Lego  
Bake a cake or cookies, and decorate them.

Be creative with the food in your house ... Make animals, bugs or objects. Then you can eat it!

Each write a story about yourself and share it with each other

Teach each other your magic tricks

Draw portraits of each other

Play card games

Memory game – put a variety of items out and try and remember as many as you can

Play a musical instrument together or independently

Research what was happening on the day you were born

Learn a new language together

Keep a Gratitude journal

Create your own song or rap

## THINGS TO DO, PLACES TO GO

Go to the arcade

Play pool or pinball

Take a cooking class

Go to a local play, carnival, fair, or concert

Go to a local festival or event

Play mini golf

Go to a museum

Hockey Hall of Fame

Go to the fire station and get a tour

Ontario Place

Batting cages or go karting

Blue Jays Game

Carabram /Carassauga – multicultural festival

Pet store

Go to a farm; check out the animals and the petting zoo

The apple factory

Check out heritage / historical sites in your community

Apple and strawberry picking

Go to Laser Quest

Go to the library

# CRAFTS

Build and/or paint wood sculptures  
Make candles  
Make a bookmark  
Picture frames  
Banner (for special occasion or to decorate your room)  
Necklaces (beads, macaroni, fruitloop)  
Painting  
Make magnets  
Sew together...make a dress, sweater, scarf, etc  
Stained glass ornaments  
Make a scrapbook of your time together  
Place mats  
Candle holders  
Paint /decorate flower pot  
All about me book  
Make your own Silly putty  
Ornaments for house or Christmas tree  
Gingerbread house  
Build and fly a kite  
Make a memory box of all the things you do together  
Tye dye a t-shirt or use fabric paint to decorate a t-shirt  
Start your own collection of something



**If worried about expensive craft supplies, check out the dollar stores.**

## *More Ideas*

Go Bowling  
Go to the airport and watch the airplanes take off and land  
Make and decorate gingerbread cookies/house.  
Karaoke  
Go to Downey farms for pony rides, hay ride, corn maze  
Buy a pumpkin together and carve it

Activities Highlighted in **YELLOW** are **FREE!**

### Sports and Recreation

- **Scooter's Roller Place**- Address: 2105 Royal Windsor Dr, Mississauga, (Southdown Road & Lakeshore  
Phone: (905) 823-4001  
[www.scooters.ca/](http://www.scooters.ca/)
- **Kids Super Gym**- Recreational Gymnastic Facility. 1 hour sessions and 1 hour and fifteen minute sessions available. Cost is per child.  
<http://www.kids-supergym.com/>
- **City Skate/Celebration Square - Mississauga**- Skate Rental Prices - Children (12 and under; includes helmet): \$5.00, and Adults: \$10.00.
- **City Skate/Gage Park – Brampton**
- **Tobogganing**- Top 3 tobogganing destinations in Mississauga:  
Brookmede Park, Birchwood Park, and Erindale Park.
- **Ontario Classical Sports**- Archery programming/lessons. Roughly 1.5 hours of archery programming at \$5 per Little, and are Bigs Free. Please contact Caseworker for possible booking
- **tubing at Mount Chinguacousy – Address:** Brampton  
**Phone:**(905) 458-6555 Call or google the hill for current prices.
- **Paintball Nation** – 6200 Ordan Dr, Mississauga, ON L5T 2B3.Tel: (905) 795-8866, Website: <http://www.paintballnation.ca/>

### Arts/Crafts/Culture/Culinary

- **4CatsArt Studio**- Cost depends on project. Mention you are with Big Brothers Big Sisters of Peel <http://www.4cats.com/meadowvale>
- **Sheridan Nurseries**- Check out the Little Diggers Club for a myriad of projects like Clean Air Plants, Herbs, Holiday Containers (Mother's Day for example), etc.

- **Ice Cream Shops in Port Credit-** The Dairy King (341 Lakeshore Rd E), Baskin Robins (80 Port St E) and Scoops Ice Cream (82 Lakeshore Rd E). Each place has good reviews.
- **More things to Do!**
- **Putting Edge Address:** 2085 Winston Park Dr, Oakville, ON L6H 6P5
  - Winston Churchill & QEW Phone:(905) 829-8833
- **Laser Quest Brampton and Mississauga locations**
- **Cinestarz-** \$ Discount movie theatre. Mississauga

**Glow Zone – Passes !!!!** –. GlowZone 360 is a new 18 hole glow-in-the-dark mini golf course, state of the art laser tag arena and arcade! They are inviting Bigs and Littles to enjoy their new facility located at 9446 McLaughlin Road North in Brampton **free of charge**. Ask Caseworker for your two week pass. Visit <http://glowzone360.com/> to see all the great activities GlowZone 360 has to offer and please see the attachment for more details.

***Fitness Classes:***

- Check out the YMCA, Goodlife, or any other gym for different exercise classes you could join
- YMCA: <http://www.ymcagta.org>
- Goodlife: <http://www.goodlifefitness.com>

***Rock Climbing:***

- Start working on your grip strength because you're in for a night of pushing your upper body and grip strength to the limits
- Location: YMCA - 20 Union St, Brampton, ON

***Canoeing/Kayaking/Stand-up Paddleboard:***

- Hit up Professors Lake for some fun on the water with either one of these water crafts
- Location: Professors Lake – 1660 North Park Drive, Brampton, On

***Fishing:***

Hit the lake for an evening of fishing with your friends:

- Location: Professors Lake – 1660 North Park Drive, Brampton, On
- Equipment rental available

## **WEBSITES FOR MENTORS (TO GET SOME GREAT IDEAS!):**

<http://www.nga.gov/content/ngaweb/education/kids.html> This website gives users art adventures and activities from the National Gallery of Art.

<http://www.pinterest.com/zimmermuseum/arts-craft-ideas> Can go on Pinterest and learn cool new arts & crafts ideas.

## **WEBSITES FOR ARTS & CRAFTS:**

<http://www.firstpalette.com> Resource filled with free kids' crafts, art activities, and pintables designed to nurture creativity and the love for learning.

<http://www.crayola.com/crafts/> Website featuring art techniques for all ages.

## **WEBSITES ON SCIENCE/ANIMALS/NATURE:**

<http://camp.wonderopolis.org> Discover a new wonder each day, i.e. Why are they called Lava Lamps? What Badger has a sweet tooth?

<http://kids.nationalgeographic.com> Games, videos, information, cool photos, and more on this educational site.

## **EDUCATIONAL WEBSITES/SITES WITH GAMES:**

[www.4kids.org](http://www.4kids.org). Your mentee can learn all about the web on this kid friendly website. The "Ask Amy" section answers questions about the web and the "Make your own Surfificate" section of "Safe Surfing" gives students reminders and pointers for surfing the web safely. You can write wacky stories in the "Wacky Tales" section and print out colouring pages in the "fun & games" section. There is also a "Cool Spots" area where you can search for websites on topics such as "fun and games", "arts", "creatures" and "be a hero".

[www.funbrain.com](http://www.funbrain.com). Another educational website that tries to make math and grammar fun. There is a baseball game involving math and tic tac toe squares math games as well. Your mentee can pick their educational level.

<http://www.kidsknowit.com> This website has an array of Educational Activities, Products, Movies, Music, Games, Articles, Text Books, Learning Programs, Lesson Plans, Worksheets. It also has online learning games and songs for kids.

## **WEBSITES FOR COOKING/RECIPES:**

<http://kidshealth.org/kid/recipes> Plenty of recipes for you to try - from pizza to pancakes!

<http://cookingwithkids.net/> Website designed at introducing healthy recipes for kids.

<http://www.spatulatta.com> Get into cooking on this kid-friendly cooking website with lots of videos and recipes.



## AMGEN Fun With Science! Activity Guide

### How to Use This Manual

1. Choose a page! Biology, Chemistry or Physics
2. Choose an activity! Use the ⚡ difficulty scale:
  - ⚡ Easiest activities, quick preparation
  - ⚡⚡ More tricky activities, longer preparation
  - ⚡⚡⚡ Tough activities with tougher preparation
  - ⚡⚡⚡⚡ Long-term or very challenging activities
3. Explore the links! All “tinyurl.com” links direct to a webpage with more detailed instructions.
4. Enjoy! How many of the experiments have you been able to try? What’s your favourite page? Your favourite activity?

About the sponsors for this booklet:

Amgen Canada strives to serve patients by transforming the promise of science and biotechnology into therapies that have the power to restore health or even save lives. In everything we do, we aim to fulfill our mission to serve patients. And every step of the way, we are guided by the values that define us.

Amgen Canada is committed to increasing interest in Science among children and youth.

### Biology: the study of life and living things

#### Plant a Tree ⚡⚡⚡⚡

Planting a tree is a great way to make a long-term difference. Prepare for a lot of work and detailed planning! Resources and instructions are online at <http://tinyurl.com/pvawuq7>.

#### Engineer Custom Coloured Flowers ⚡⚡

Start out with white flowers - carnations and daisies are recommended, although many white flowers will work. Clip the stems and put the flowers in a cup of water. Add food colouring of choice to the water. Within a few days, you’ll notice a colourful difference in your white flowers! Full directions can be found at <http://tinyurl.com/nrtmzmk>.

#### Try a Virtual Lab ⚡⚡⚡

lizards can be found at <http://tinyurl.com/k748g5z> or check out the evolution of stickleback fish

species at <http://tinyurl.com/nsx9fcb>.

**Go for a walk!** ✂

Local parks and recreation areas are excellent places to get “back to nature” and experience the outdoors! For a challenge, try to identify species of birds or trees you see along the way. Great lists can be found at <http://tinyurl.com/prtchor> and <http://tinyurl.com/oqsko25>!

**Homemade Bird Feeders** ✂✂

An easy way to bring nature to your own backyard! Find some inspiration for homemade bird feeders at <http://tinyurl.com/nn9yl3h>.

## **Chemistry: the composition and properties of substances**

**Ice Cube Tray Battery** ✂✂✂

Who knew copper wire, a few nails, vinegar and an ice cube tray were enough to turn on a light? Find out how to turn chemistry into electricity at <http://tinyurl.com/oes28qx>.

**Homemade Slime** ✂✂

Who doesn't love slime? Check out three different slime recipes: one with liquid starch at <http://tinyurl.com/nw69n7t> one with cornstarch at <http://tinyurl.com/lmft2or> and one with Borax at <http://tinyurl.com/lgv2st> .

**Make “plastic” from Milk!** ✂✂✂

Adding a bit of vinegar to milk causes a chemical reaction that isolates casein, a protein that looks and feels a little like plastic. For full directions, see: <http://tinyurl.com/nvhdulq> .

**Make Art with Food Colouring** ✂

Soap has the ability to break fat molecules like those found in whole milk. By adding food colouring to the mix, you can make a scientifically stimulating masterpiece! Find the full directions at <http://tinyurl.com/ok4x8fq>.

**Make Saltwater Drinkable with a Solar Still** ✂✂✂✂

You're stranded on a deserted island, with only ocean water around you. Use evaporation and condensation to create a purifying device! Full directions are at <http://tinyurl.com/kg7jp4j>.

## **Physics: matter, energy, motion and force**

**Measure the Speed of Light with Chocolate** ✂✂✂✂

A cool experiment for a math-lover! You can even eat the chocolate afterwards! Find out how at <http://tinyurl.com/oujxogg>.

**Bend Water with Static!** ✂

Harness the power of static electricity to bend the stream of water coming from a tap! Just passing a comb through your hair or rubbing a balloon on your head should produce enough

static to see an effect when placed close to a thin stream from a tap. More information is at <http://tinyurl.com/qfmxe8c>.

### **Build a Catapult** ⚡⚡⚡⚡

Building a catapult is a fun project for those brave enough to take on a challenge. Before starting, make sure you know what safety rules to follow and what materials you'll need. For a variety of catapult designs and plans, visit <http://tinyurl.com/qx989pk>.

### **Make an Egg Float** ⚡

Eggs don't float in water normally, but by adding salt to water to change its density, you might be able to change that! Full directions are at <http://tinyurl.com/np9vbn>.

### **Other Resources**

- <http://camp.wonderopolis.org/>  
An online summer camp experience that guides campers through scientific exploration!
- <http://kids.nationalgeographic.com/>  
Science resources and activities including some great nature photography tips.
- <http://www.nwf.org/Kids.aspx>  
A good website for nature games, apps and activities.
- <http://discoverykids.com/>  
A wealth of videos, games and activities on topics like dinosaurs, animals, space, food and health.
- <http://sciencebob.com/>  
One of the better online resources for quick, easy science demonstrations and experiments
- <http://gowild.wwf.org.uk/>  
A website with fact sheets, games and activities about animals from all around the world.
- <http://wwfgap.org/tracker/species.php?s=1&r=2>  
The World Wildlife Fund's animal tracker, showing the location of GPS-tagged animals including polar bears, walrus and jaguars.
- <http://www.hhmi.org/biointeractive>  
Advanced-level online interactive virtual labs and presentations, for the avid scientist.
- <https://www.ontariosciencecentre.ca/>  
Information about the Ontario Science Centre.