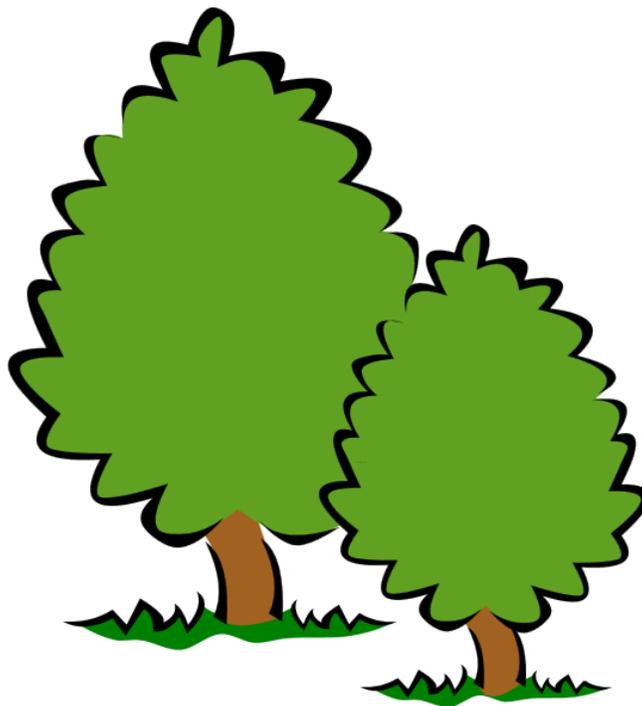




Big Brothers Big Sisters



Match Builder Workbook

Big's Name: _____

Little's Name: _____

Match Date: _____

Table of Contents

Introduction	4
Part One: Relationship Development	
• Fun Facts about My Big, My Little	5
• Match Activity List	6
• How Much Can You Learn?	9
• Match Flag	13
• Match Milestones	16
Part Two: Communication	
• Big Conversations	17
• 20 Questions	19
• Creating a Story	21
• Two Truths and a Lie	22
Part 3: Personal Development	
• Crafting a Personal Mission Statement	23
• Strengths Shield	26
• Pride Line	28

Introduction

The Match Builder Workbook is designed to aid your match in 3 key areas – relationship development, communication, and personal development. Just like a strong tree, a great match needs strong ‘roots’ in these areas to serve as a solid foundation. The exercises in this workbook promote positive and healthy growth in these areas. **Each activity has a key to indicate in which stage of your match you and your Little will benefit most from the activity.**



Activities with a ‘seed’ symbol are designed for matches that are new and are still getting to know each other. These activities are recommended for matches that have known each other for 0-6 months.



Activities with a ‘sprout’ symbol are designed for matches that feel comfortable with each other and know some things about each other, but still have plenty to learn. These activities are recommended for matches that have known each other for 6-12 months.



Activities with a ‘tree’ symbol are designed for matches that know each other well, and where trust has been established. Some of these activities welcome repeated reflection, and could influence your match for years to come! These activities are recommended for matches that have known each other for over 1 year.

Tip: Use your Match Builder Workbook on a rainy day at the library or coffee shop. When the weather permits, bring workbook on a picnic or to the park!



Fun Facts about My Big, My Little!

Directions: Guess what your Big/Little would answer for each question and then compare your guesses to their real answers!

Big's Guess about Little	Little's Real Answer	Question:	Little's Guess about Big	Big's Real Answer
		What is your favorite color?		
		Do you have any pets? If so, what kind(s)?		
		What are your favorite things to do in your free time?		
		What is your favorite type of movie?		
		What is your favorite sport or game to play?		
		If you could have one super power, what would it be?		
		What is your favorite food?		
		Where is your favorite place to go?		
		Littles: What do you want to be when you grow up/graduate from school? Bigs: What's your job?		



Match Activity List

An important part of being in a match at Big Brothers Big Sisters is trying new activities. Read over this list with your match and mark activities that interest you! Use this table to help your match agree on ideas and record the date after you have done it. Add your own ideas in the space provided.

Activity	Big	Little	Both	Done
Cook a favorite recipe from one of our families				
Go to a matinee or discounted movie				
Visit a local college or technical school				
Try a new food				
Go to a concert to hear a kind of music you don't know much about				
Learn how to make a healthy recipe				
Tour the Big's workplace				
Work on a school project or homework				
Go to an art gallery or museum				
Do a volunteer project together				
Talk about how to get a part-time job				
Attend a play or performance				
Draw or color together				
Play a board game or cards				
Go to the park or playground				
Check out a historical monument or museum				
Go on a hike or nature walk				
Make friendship bracelets				

Visit the library				
Paint pottery together				
Make cards for friends and family				
Read a book together				
Attend a cultural festival				
Write a song or poem				
Make a collage or scrapbook of match photos and memories				
Research a high school or college				
Attend a high school or college sporting event				
Teach your Big how to do something new				
Learn words or phrases in a different language				
Plant a garden				
Write in a journal				
Practice a sport-specific skill such as shooting a free throw				
Talk about your favorite TV shows, movies, or music				
Build something together (LEGOs, model airplane, etc.)				
Create your own match comic book				
Do a science project				
Go bowling				
Try a seasonal activity like pumpkin carving or sledding				
Visit an orchard or farm				
Go on a bike ride (with helmets!)				
Try ice skating or roller skating				



How Much Can You Learn?

How much can you learn about your Big or Little? Ask as many of the 50 questions as you like, the goal is just to get to know each other. You can jump around or ask right down the row, you choose!

1. What is your most prized possession?

(Big)_____ (Little)_____

2. What is the worst movie you've ever seen?

(Big)_____ (Little)_____

3. What did/do you want to be when/as you were/are growing up?

(Big)_____ (Little)_____

4. What is your favorite color?

(Big)_____ (Little)_____

5. What is your favorite food/dish?

(Big)_____ (Little)_____

6. Who is your role model?

(Big)_____ (Little)_____

7. What is your favorite ice cream flavor?

(Big)_____ (Little)_____

8. What was/is your favorite toy as a kid?

(Big)_____ (Little)_____

9. If you were an animal, what animal would you be?

(Big)_____ (Little)_____

10. If you were to change your name, what would it be?

(Big)_____ (Little)_____

11. What is your favorite sport to play?

(Big)_____ (Little)_____

12. What is your favorite sport to watch?

(Big)_____ (Little)_____

13. If you could have a superpower, what would it be?

(Big)_____ (Little)_____

14. If you could visit any place in the world, where would it be?

(Big)_____ (Little)_____

15. If you could choose any job, what would it be?

(Big)_____ (Little)_____

16. What is your most over-used word?

(Big)_____ (Little)_____

17. What is your biggest pet-peeve?

(Big)_____ (Little)_____

18. What is your favorite drink?

(Big)_____ (Little)_____

19. What is the last book you read?

(Big)_____ (Little)_____

20. What is your favorite song at the moment?

(Big)_____ (Little)_____

21. If someone gave you \$1000 to spend at any store, what store would you choose?

(Big)_____ (Little)_____

22. What was (would you like to be) your first job?

(Big)_____ (Little)_____

23. Where did you grow up?

(Big)_____ (Little)_____

24. What is your favorite season?

(Big)_____ (Little)_____

25. What is one goal you would like to achieve this year?

(Big)_____ (Little)_____

26. What is one thing that you are afraid of?

(Big)_____ (Little)_____

27. What is your dream car?

(Big)_____ (Little)_____

28. What is your worst habit?

(Big)_____ (Little)_____

29. What is one thing you spend too much money on?

(Big)_____ (Little)_____

30. Where is your favorite place to eat?

(Big)_____ (Little)_____

31. What is your favorite breakfast food?

(Big)_____ (Little)_____

32. If you were stranded on an island and could only bring two things, what would they be?

(Big)_____ (Little)_____

33. What is one food you don't like/can't stand?

(Big)_____ (Little)_____

34. What was your favorite thing about high school? OR What are you looking forward to most about high school?

(Big)_____ (Little) _____

35. What do you like on your pizza?

(Big)_____ (Little)_____

36. What is your favorite type of movie?

(Big)_____ (Little)_____

37. Where is the farthest place you've traveled?

(Big)_____ (Little)_____

38. What is your middle name?

(Big)_____ (Little)_____

39. Do you like to call or text more?

(Big)_____ (Little)_____

40. What is the last thing you spent money on?

(Big)_____ (Little)_____

41. What do you look forward to in the next 3 months?

(Big)_____ (Little)_____

42. Describe your life in one word.

(Big)_____ (Little)_____

43. Where do you go when you need to clear your head?

(Big)_____ (Little)_____

44. What is the strangest thing you've ever eaten?

(Big)_____ (Little)_____

45. If you were famous, what would you want it to be for?

(Big)_____ (Little)_____

46. What was/is your favorite subject in elementary school?

(Big)_____ (Little)_____

47. What was your least favorite subject?

(Big)_____ (Little)_____

48. If you were allowed to stop doing one chore, what would it be?

(Big)_____ (Little)_____

49. Do you play an instrument, if so what?

(Big)_____ (Little)_____

50. If you could change one thing about society what would it be?

(Big)_____ (Little)_____

Match Flag

Directions: Design your own match flag by decorating sections with pictures, words, or colors that describe what your match is all about! Using the sections below as a guide, reflect on your most memorable moments, favorite traits, or aspirations together. You will need paper and writing utensils (markers, crayons, color pencils, etc.) for this activity. A ruler and scissors are recommended. Be creative!

Pick at least one thing from each of the four sections below to put on your Match Flag!

Section One: Match Goals

Think back to the Match Goals/*MAP* Worksheet you and your Big completed the first time that you met. Find a way to represent your Match Goals in one area of your flag!

- Match Goals that we have accomplished
- Match goals that my Big and I are currently working on
- New Match Goals that my Big and I have come up with

Section Two: Things we've learned about each other

- My favorite color
- My Big's favorite color
- My or my Big's pet
- Something that my Big and I are both good at
- What I want to be when I grow up
- What my Big does at his or her job

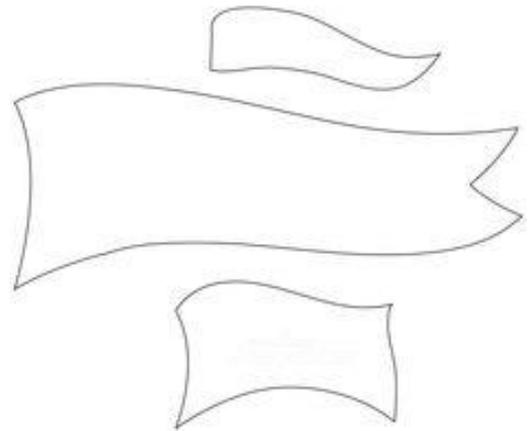
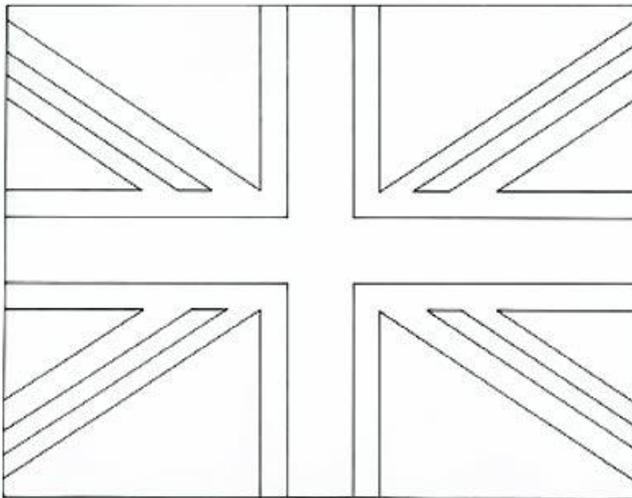
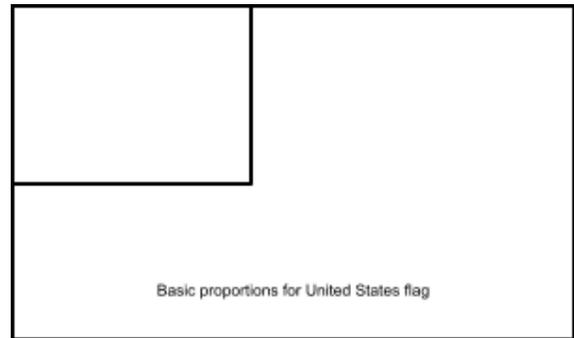
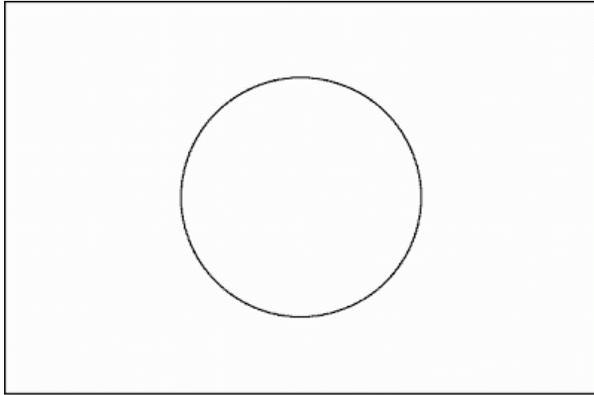
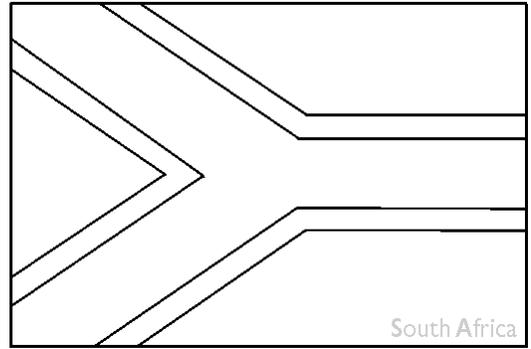
Section Three: Things that we've done together

- My favorite activity I have done with my Big
- Something that my Big has taught me
- Something I taught my Big
- A place that I like to go with my Big
- My favorite sport to play with my Big
- The first place I went with my Big
- My favorite food to share with my Big

Section Four: Things we want to do together

- Something that my Big and I want to learn how to do
- Something that I want to do with my Big one day
- Something that my Big has helped me achieve
- A food that my Big and I tried together

Flag Examples

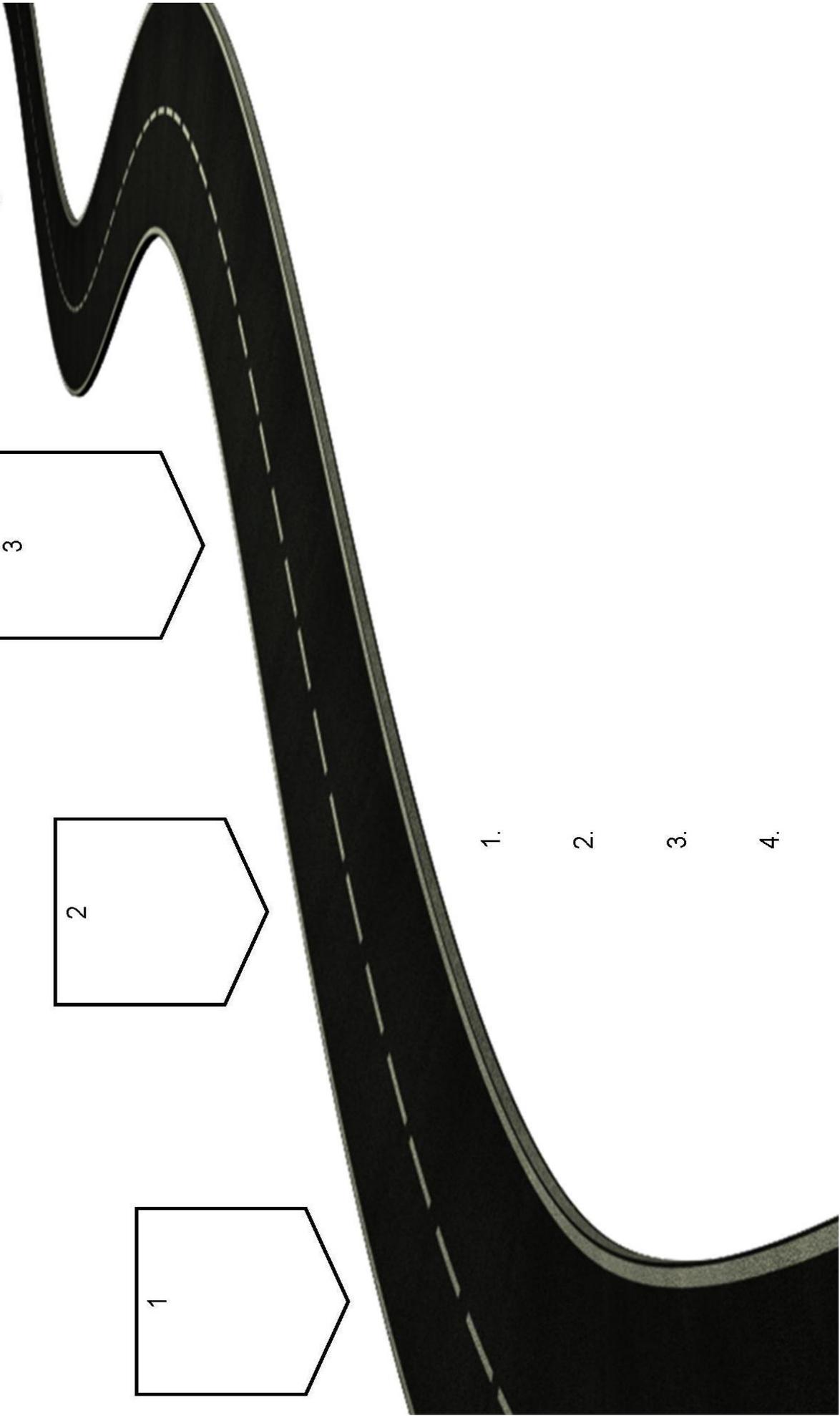
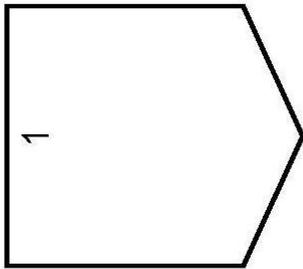
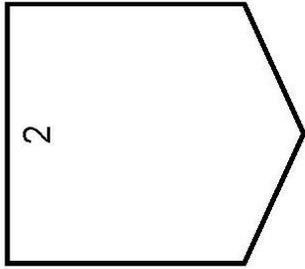
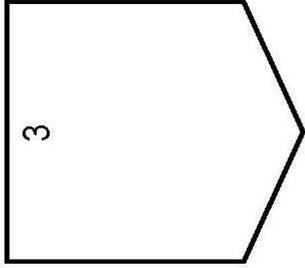
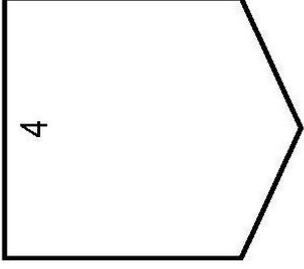


Your Match Flag:



Match Milestones

Many years ago, stones, called milestones, were set beside the road to mark the distance between towns and to show the traveler's progress. Imagine your match relationship as a journey. The "milestones" are significant points or achievements along your journey. Think about 4 important points in your match relationship. Potential "milestones" include a time you tried something new, a goal you achieved, or even a memorable outing. Write your "milestones" on the mile markers below.



1.

2.

3.

4.



Big Conversations

Use these questions to help start interesting conversations with your Big/Little!

1. If you could design your own school (or workplace), what would it look like?
2. Teleportation or flying – how would you travel?
3. What is your favorite knock-knock joke?
4. What is your happiest memory?
5. If we all lived in a zoo, what animals would we be?
6. If you started a country, what would you name it? What would be its most important laws?
7. If you could meet one historical figure, who would it be?
8. If you could build your own dream team, what athletes would you invite to play, past or present?
9. If you could invite any person to dinner, who would you invite? What would you eat?
10. What three items would you bring if you were trapped on a deserted island?
11. If you were a superhero, what would you call yourself? What would your powers be?
12. If you could live in the world of one of your favorite books, television shows, or movies, which would you choose?

13. If you were a great inventor, what would you invent?
14. If you were a teacher, what would you teach? Who would you teach it to?
15. If you won \$1000, what would you do with it?
16. What is the best dream you have ever had?
17. Which of the four seasons do you like best and why?
18. If you could eat any food you like whenever you wanted, what would you choose? If you had to eat one food forever, what would you choose?
19. If you could start a new national holiday, what would it be?
20. What is your favorite letter of the alphabet? Why?
21. Do you have a favorite place in your town?
22. What is your favorite thing to do on a snow day?
23. If you became President of the United States, what would you do?
24. If you could only listen to one song for the rest of your life, which one would you choose?
25. If there was a TV show about your life, what would the theme song be?



20 Questions

In this game you and your Big or Little use the powers of deductive reasoning to guess what secret person, place, or thing your partner is thinking of! Deductive reasoning is the process of drawing a conclusion from a set of known facts.

For Example:

Fido is a dog

Dogs are mammals

Fido is a mammal

To play 20 Questions, one person thinks of a person, place or thing and their partner asks a series of yes-or-no questions to narrow down what they are thinking of. If they are able to guess correctly within 20 tries, they win!

For Example:

Little thinks of George Washington (but does not tell big what they are thinking of)

Big asks:

1. Is it a place? No
2. Is it a person? Yes
3. Is this person alive today? No
4. Is this person male? Yes
5. Did he live this century? No
6. Did this person live in the last 500 years? Yes
7. Are there photographs of him? No
8. Did this person live in North America? Yes
9. Was this person born in North America? No
10. Was this person a politician? Yes

11. Was this person in the Legislative Branch? No
12. Was this person a President? Yes
13. Was this person a founding father? Yes
14. Is it George Washington? Yes

You can make this game easier or harder changing the number of questions that can be asked, or by establishing ahead of time if you are thinking of a person, a place or a thing!

You can also use this game to learn about your Big or Little, by using a variation to guess facts about each other!

For Example:

What is your Favorite Food?

Big's Answer is Apple Pie

Little Guesses:

1. Does the food contain meat? No
2. Is it an appetizer? No
3. Is it an entrée? No
4. Is it a dessert? Yes
5. Have we ever eaten this food together? Yes
6. Can this food be eaten cold? Yes
7. Does it need to be cooked? Yes
8. Is it in the shape of a circle? Yes
9. Is it a cake? No
10. Is it pie? Yes
11. Is it Apple Pie? Yes



Creating a Story

Try creating a short story with your Big or Little! *Use the guidelines below to get started:*

Genre:

Setting:

Main Character:

Challenges:

Solution:

You can also *try using one of the following prompts* or story starters or come up with your own:

The year is 2080 and the New York Times is publishing a front page article about your incredible life and career. Come up with a headline and a story!

As your ship makes its final decent into orbit, the reality that you will be the first human to walk on Mars sinks in. As the hatch opens and you walk out onto the red dusty surface, you can't believe your eyes...

In a surprising turn of events, the government has decided that the United States will be run for the first time ever by a kid president! Imagine your surprise when you found out that you were the winner of an essay contest that placed you as the winner of the election. It is your first day ever and you are being interviewed by press on your immediate actions as president

For an interactive version of Creating a Story, *take turns advancing the plot of a story that you and your Big/Little create!* Keep a notebook with your Big/Little and take turns adding a paragraph, or even sentences to see what surprises unfold in your story!

Remember that while many stories are written down and recorded, many of history's most famous stories were told verbally and communicated between people directly! For an added challenge, *improvise in telling a story with your Big/Little aloud!*



Two Truths and a Lie

How well do you and your Big or Little know each other? In this game, you and your match take turns sharing 3 statements about yourselves, 2 of which are true and 1 which is not. The other person must guess which statement is not true.

For Example:

Big: I am a professional juggler. I have been on television. I am allergic to apples.

Little guesses correctly that it is a lie that *Big is allergic to apples*, but also learns that the Big is a professional juggler and has been on television!

For a fun variation on this game, *replace the lie with a wish* – your Big or Little must guess which 2 of 3 facts about you is true and which one is something that you wish!

Little: I have been to every continent. I have met the mayor. I can run a mile in 7 minutes.

Big guesses correctly that it is *Little's wish to meet the mayor*, but that the Little has actually been to each continent and can run a mile in less than 7 minutes!



Crafting a Personal Mission Statement

A personal mission statement explains who you are and who you want to be in the future. You can use it to help guide you when making choices or decisions, by asking yourself – “Does it help me become who I want to be?” A personal mission statement also helps you explain yourself to others.

A. Write at least 12 talents that you have.

B. What excites you? What would you change about the world if you could?

--

C. What would a really good day be like for you? Where would you be? What would you do? Use your imagination!

I would be at

I would be doing

I would be with

I would

D. Imagine that today is your 18th birthday and a reporter is writing a story about you. What do you hope the story would say? What do you hope to accomplish? What would you hope that your friends, family members and Big would say about you to this reporter?

E. Look over what you've written during the previous sections. Then think about the questions that a mission statement should answer:

- a. What is my life about? Who am I?
- b. What is important to me?
- c. What accomplishments or goals am I working toward?

Now, write a rough draft of your personal mission statement!

Keep your draft with you and look over it from time to time. See how the mission statement makes you feel and how you may want to change it as you get older. You may want to bring it with you when you hang out with your Big to talk about it and get suggestions.



Strengths Shield

Acknowledging your strengths is an important part of self-discovery!

Strengths are tasks or actions that you can do well.

Your personal strengths and weaknesses can help you a lot in choosing the right career or making good decisions. When you try to find your own strength, think about what comes naturally for you. These may include abilities, talents, or skills.

Discuss these questions with your Big:

What three things do I like about myself?

- 1.
- 2.
- 3.

What are 3 of my strengths?

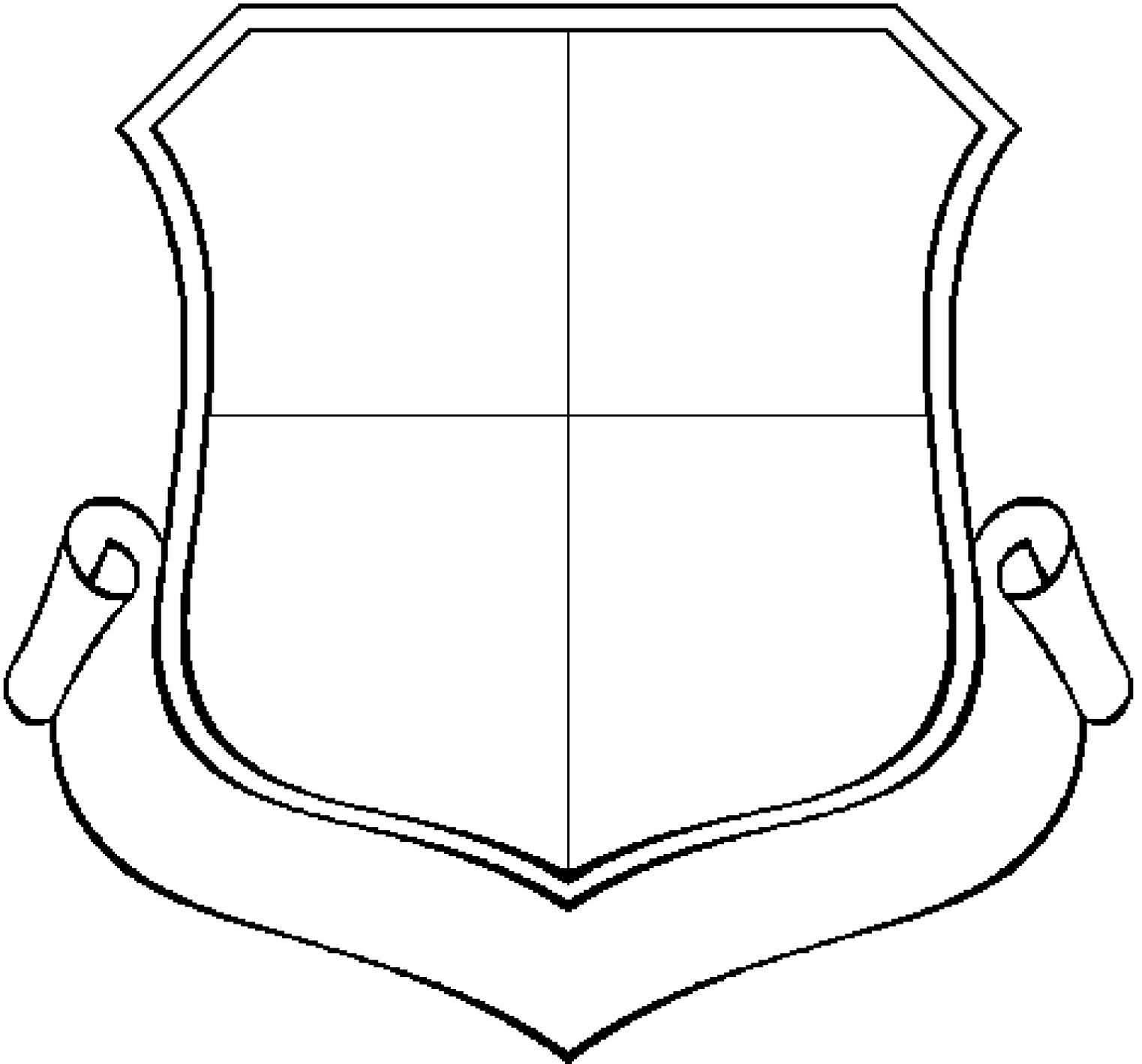
- 1.
- 2.
- 3.

What 3 activities can make me a better and stronger person?

- 1.
- 2.
- 3.

A coat of arms is a distinctive image that represents your identity and your values. It usually consists of a shield and a motto. This tradition dates back to early medieval Europe!

Draw a symbol in the blocks of the shield to correspond to some of the strengths that you and your Big outlined above. Next, create a motto that ties your strengths together:





Pride Line

Pride is a feeling of self-respect and personal worth, derived from happiness or satisfaction in one's achievements. It is different from being boastful or bragging. It is important to recognize the achievements that you are proud of. Use the following exercise to help you and your Big think of things that you've done that have given you pride. *Begin your response with 'I am proud that I...'*

1. Things that you've done for a parent or guardian
2. Things that you've done for a friend
3. Worked you completed in school
4. Recognition that you have received from a teacher
5. An activity you do outside of school
6. A chore that you help with around the house
7. Something that you have done to earn money
8. Something that you have been able to save your money for
9. A gift that you have made for someone
10. A group that you have been a part of.
11. Ways that you have helped another person
12. Something that you have done in your life
13. Something that you do often
14. Proudest achievement you have had
15. Something that you have shared
16. Something that you have given someone
17. Something that you have been able to change
18. Something that you have made a commitment to do
19. A service project that you have done
20. Something that you have made improvements in

For a variation of this activity, also answer something that would make you proud, that you can try to achieve! Begin your response with 'I would be proud if I...'

Notes:

Notes:

Notes:

Adapted from Polk Mentoring Alliance 'Confidence Activities' 2008
Learn to Mentor Toolkit,
http://apps.mentoring.org/training/TMT/Mentor_training_toolkit.pdf