



**Big Brothers
Big Sisters®**

OF ITHACA &
TOMPKINS COUNTY



WELCOME BOOK

Contact us!

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Social Media, Websites, Important Links!

Website & Social Media



<http://www.bbbsithaca.org/>

Facebook: <https://www.facebook.com/BBBSithaca/>

Instagram: <https://www.instagram.com/bbbsithaca>

Interactive Activity Generator

<https://tinyurl.com/ActivityGenerator>

In-Person Activities List

<https://tinyurl.com/BBBSinperson>

Virtual Activities List

<https://tinyurl.com/BBBSvirtual>

Welcome Message

Welcome to the Big Brothers Big Sisters program! Whether you're a Little, Big, Parent, Guardian, a new Match, or anyone else, we're excited to showcase what activities are available to Matches in our program and what the greater Ithaca area has to offer.

As you browse this welcome booklet, please reach out to your Match Support Specialist with any questions that come to mind.

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Rule Reminders

Travel Out of County

Matches may only travel out of the county after a 3 month waiting period from when they are first matched. Bigs must have a parent/guardian sign a permission form beforehand. Please contact your MSS for a copy of the form.

Communication

Always communicate with your Little, Parent/Guardian, and your Match Support Specialist.

Special Activity Form

Certain activities require require special permission forms (for example: rock climbing, kayaking, archery). Please contact your Match Support Specialist for the form and if you are unsure if an activity is permitted without a special form.

Swimming

Matches are only permitted to swim in locations where there are lifeguards on duty.



Matches get in free at the following places:

Alex Haley Pool:



HOW: Just show up!
NOTE: Bring your Match ID Cards.

Contact & Hours:
408 N Albany St.
607-277-6169
<https://www.cityofithaca.org/facilities/facility/details/Alex-Haley-Pool-1>

Cass Park Rink and Pool:



HOW: Rink: Reach out to MSS to pre-register.
Pool: Show up with your Match ID cards!
NOTE: Ice-skating admissions and rentals are free for matches.

Contact & Hours:
701 Taughannock Blvd
casspark.org | 607-273-1090

Cayuga Nature Center:



HOW: Ask your Match Support Specialist for free admission passes. We have plenty!
NOTE: A great place to safely see foxes, owls, and more.

Contact & Hours:
1420 Taughannock Blvd.
cayuganaturecenter.org | 607-273-6260

Free Science Workshop:



HOW: Free, just show up! Only open M,W,F from 3-6pm.
NOTE: Prepare to visit a few times to complete whatever project you start.

Contact & Hours:
210 Hancock St #1
freescienceworkshop.org | 607-288-2826



Matches get in free at the following places:

History Center:



Contact & Hours:
110 N. Tioga St (On the Commons)
thehistorycenter.net | 607-273-8284 ext. 229

HOW: Free, just show up!

NOTE: Check their website for special events.

Ithaca Bike Rental:



Contact & Hours:
Ithaca Youth Bureau | 1 James L Gibbs Dr.
ithacabikerental.com | 607-273-8377

HOW: Pre-Register on IBR website and let them know you're with BBBS.

NOTE: Hours vary by season, check the website for the most updated info.
Reservations recommended!

Ithaca Children's Garden:



Contact & Hours:
121 Turtle Ln
ithacachildrengarden.org | 607-319-4203

HOW: Free, just show up!

NOTE: Check their website for special events.

Lilypad Puppet Theatre:



Contact & Hours:
<https://www.lilypadpuppettheatre.org> | 607-323-3111
Shows at Cherry St. Theatre/ various locations

HOW: Bring your Match ID cards.

NOTE: Shows are the first Saturday of each month at 10:30am.
Check their website for other shows & events.

GO!

Matches get in free at the following places:

Museum of the Earth:



Contact & Hours:

1259 Trumansburg Rd.
museumoftheearth.org | 607-273-6623

HOW: Ask your Match Support Specialist for free admission passes. We have plenty!

ScienCenter:



Contact & Hours:

601 1st St.
sciencenter.org | 607-272-0600

HOW: Ask your Match Support Specialist for free admission passes. We have plenty!

NOTE: Admission does not include mini-golf.

State Parks

Treman State Park
Buttermilk State Park
Taughannock Falls State Park



Contact & Hours:

Various Locations
<https://parks.ny.gov/parks/buttermilkfalls/details.aspx>

HOW: Ask your Match Support Specialist to borrow our Empire Pass.

NOTE: The public Library also has passes that are available to check out.

REMEMBER: swimming where there is no lifeguard on duty is prohibited!

GO!

Matches get in free at the following places:

Tompkins County Public Library:



Contact & Hours:
101 E Green St
tcpl.org | 607-272-4557

HOW: Free, just show up!

YMCA of Ithaca and Tompkins County:



Contact & Hours:
50 Graham Rd. W.
ithacaymca.com | 607-257-0101

HOW: Bring your Match ID cards

NOTE: Check website for specific room hours (pool, gym, table games etc.) Pool reservations are required in advance.

Youth Bureau:



Contact & Hours:
Ithaca Youth Bureau | 1 James L Gibbs Dr.
ithacabikerental.com | 607-273-8364

HOW: Reach out to your MSS about reserving a room or the gym

NOTE: Evening/ Weekend availability upon request

GO!

100 Things to Do with Your Little

- | | |
|---|---|
| <input type="checkbox"/> Visit the farmers market | <input type="checkbox"/> Visit a local library |
| <input type="checkbox"/> Carve a pumpkin | <input type="checkbox"/> Hang out at the skatepark |
| <input type="checkbox"/> Pick wildflowers | <input type="checkbox"/> Visit Ithaca College |
| <input type="checkbox"/> Go fruit picking | <input type="checkbox"/> Fly a kite |
| <input type="checkbox"/> Bake a cake | <input type="checkbox"/> Bike the waterfront trail |
| <input type="checkbox"/> Visit the Ithaca Children's Garden | <input type="checkbox"/> Visit the lab of Ornithology |
| <input type="checkbox"/> Go to a festival | <input type="checkbox"/> Go to the ScienCenter |
| <input type="checkbox"/> Tour the History Center | <input type="checkbox"/> Visit a cemetery |
| <input type="checkbox"/> Attend a sporting event | <input type="checkbox"/> Decorate a sidewalk with chalk |
| <input type="checkbox"/> Visit Taughannock Falls | <input type="checkbox"/> Paint your nails |
| <input type="checkbox"/> Visit a playground | <input type="checkbox"/> Learn how to make origami |
| <input type="checkbox"/> Work out at the YMCA | <input type="checkbox"/> Go window shopping |
| <input type="checkbox"/> Walk the waterfront trail | <input type="checkbox"/> Get lost in a corn maze |
| <input type="checkbox"/> Make a scrap book | <input type="checkbox"/> Visit the FreeScience Workshop |
| <input type="checkbox"/> Swim at Treman State Park | <input type="checkbox"/> Walk around the commons |
| <input type="checkbox"/> Build a snow person | <input type="checkbox"/> Visit the Cayuga Nature Center |
| <input type="checkbox"/> Go fishing | <input type="checkbox"/> Go Ice-Skating |
| <input type="checkbox"/> Visit a farm | <input type="checkbox"/> Make art |
| <input type="checkbox"/> Go sledding | <input type="checkbox"/> Play football at Stewart Park |
| <input type="checkbox"/> Play chess | <input type="checkbox"/> Swim at Cass Park Pool |
| <input type="checkbox"/> Plant a garden | <input type="checkbox"/> Jump in a pile of leaves |
| <input type="checkbox"/> Ride a merry-go-round | <input type="checkbox"/> Draw portraits of each other |
| <input type="checkbox"/> Walk two miles | <input type="checkbox"/> Walk the CU Arboretum |
| <input type="checkbox"/> Attend a wrestling match at CU | <input type="checkbox"/> Swim at Alex Haley Pool |
| <input type="checkbox"/> Bake cookies together | <input type="checkbox"/> Play basketball at GIAC |

GO!

100 Things to Do with Your Little

- | | |
|---|--|
| <input type="checkbox"/> Walk the Cascadilla Gorge Trail | <input type="checkbox"/> Go apple picking |
| <input type="checkbox"/> Read books at Barnes N Nobles | <input type="checkbox"/> Learn Pig Latin |
| <input type="checkbox"/> Walk the Cass Park Trail | <input type="checkbox"/> Sing karaoke |
| <input type="checkbox"/> Play card games | <input type="checkbox"/> Make play-dough creations |
| <input type="checkbox"/> Visit the Brain Shoppe | <input type="checkbox"/> Visit a stop on the Art-Trail |
| <input type="checkbox"/> Go thrift shopping | <input type="checkbox"/> Explore a new trail |
| <input type="checkbox"/> Do a science experiment | <input type="checkbox"/> Learn magic tricks |
| <input type="checkbox"/> Play I-spy | <input type="checkbox"/> Ride bikes |
| <input type="checkbox"/> Learn a new board game | <input type="checkbox"/> Go rollerblading |
| <input type="checkbox"/> Throw a frisbee | <input type="checkbox"/> Attend a workshop together |
| <input type="checkbox"/> Fill out a coloring book | <input type="checkbox"/> Do homework together |
| <input type="checkbox"/> Collect leaves and press them | <input type="checkbox"/> Learn an instrument together |
| <input type="checkbox"/> Write a story together | <input type="checkbox"/> Go on a Picnic |
| <input type="checkbox"/> Talk about traditions in your family | <input type="checkbox"/> Visit your little's school playground |
| <input type="checkbox"/> Learn a new jump rope trick | <input type="checkbox"/> Sing together |
| <input type="checkbox"/> Paint your face | <input type="checkbox"/> Tie-dye shirts or socks |
| <input type="checkbox"/> Write a poem | <input type="checkbox"/> Go fishing |
| <input type="checkbox"/> Go playground hopping | <input type="checkbox"/> Learn to ride the bus together |
| <input type="checkbox"/> Read a book | <input type="checkbox"/> Make a collage from magazines |
| <input type="checkbox"/> Visit the DeWitt Mall | <input type="checkbox"/> Visit a new town in Tompkins Co |
| <input type="checkbox"/> Roll down a hill | <input type="checkbox"/> Learn a dance together |
| <input type="checkbox"/> Watch the sunset on the lake | <input type="checkbox"/> Visit the Youth Bureau |
| <input type="checkbox"/> Visit sunset park | <input type="checkbox"/> Visit PetSmart |
| <input type="checkbox"/> Explore a creek | <input type="checkbox"/> Practice tongue twister/new jokes |
| <input type="checkbox"/> Volunteer together | <input type="checkbox"/> Make your own activities list! |

PLAY!

BBBS Word Search

V N R E T S I S C E S E S F D L I H C E
U V O L U N T E E R N C U R B I G F E R
P X W I F S Y S Z U A N Y I H I J L Q A
V F X K T J H W D J B E B E K F S T M C
T B E F T A K B Z O A R O N U I I C C A
L F S R O Z R Y L A N E O D D R B S P L
K L X M U X A I Y Y H F M T Y E R E N A
X S X U D X N T P A Q F I E H K V L R B
X L R V N U I S Y S K I B P N E O I I I
Z A H W F N U E N F N D P K Q T R M C O
B J U T U C U Q L B B I Y S N V O S T Y
C E Q M C T K J W T P N L P Q T E R P F
B H M E H K A B G A T Y C X P V M Y C K
N O E R V U M Z W N S I L H Z A K R T M
C D O B Z K O B J Z A O L U R R H H A E
E P M N W B M N S M O U X H Y Y U G R C
Z P U D A K E A Y H C O I U K G I Q A S
T K F C E Q N J C E J Y T D H C A N K C
T J R C Z I T S F O P U I M P A C T U B
V D Z Z Q E S Y I E E F U I J X F O D H

☐ BIG

☐ BROTHER

☐ CARE

☐ CHILD

☐ COMMUNITY

☐ DIFFERENCE

☐ FRIEND

☐ FUN

☐ HAPPY

☐ IMPACT

☐ INSPIRATION

☐ LITTLE

☐ MAGIC

☐ MENTOR

☐ MOMENTS

☐ SCHOOL

☐ SISTER

☐ SMILES

☐ SUCCEED

☐ VOLUNTEER

BBBS MATCH BINGO

Come to the Ithaca Youth Bureau to play!	Take a hike!	Cook something together.	Go to the Children's Garden.	Take a selfie (and send it to your Match Support Specialist)
Build Something Together.	Go to the ScienCenter	Attend a BBBS Match Event!	Draw Each Other	Go somewhere neither of you have ever been.
Do the Sagan Planet Walk	Go Swimming	 FREE SPACE	Visit a State Park	Go to Cass Park
Write Letters to important people in your life.	Visit a Museum	Bike around the Waterfront Trail	Go to the Free Science Workshop	Make Friendship Bracelets
Start a Scrapbook Together	See a Play	Attend a local Festival!	Play at the Stewart Park Playground	Discover a new playground together.

STEWART PARK SCAVENGER HUNT:

- ☐ Find a feather from a bird
- ☐ Find something shorter than you
- ☐ Find something with wheels
- ☐ Find something made of wood
- ☐ Find something alive
- ☐ Find something shiny
- ☐ Find something unusual
- ☐ Find something shaped like a heart
- ☐ Find a seed

CHILDREN'S GARDEN SCAVENGER HUNT:

- ☐ Build an obstacle course in the anarchy zone
 - ☐ Find something edible
 - ☐ Catch a frog or a tadpole
 - ☐ Read the story book
 - ☐ Say hello to another child
 - ☐ Take a selfie on Gaia
-

FARMER'S MARKET SCAVENGER HUNT:

- ☐ Find something green
- ☐ Find something you've never tasted before
- ☐ Find something red
- ☐ Find the biggest fruit in the market
- ☐ Find a vegetable bigger than your head
- ☐ Find something seasonal

PLAY!

CORNELL SCAVENGER HUNT:

- ☐ Find a statue of 'Touchdown' the bear
- ☐ Take a photo outside the Art Museum
- ☐ Roll down the Slope
- ☐ Listen to the Clock-Tower
- ☐ Find a library
- ☐ Find a waterfall

ITHACA COLLEGE SCAVENGER HUNT:

- ☐ Find a library
- ☐ Find a statue
- ☐ Talk to a college student about their program
- ☐ Visit the new A&E building
- ☐ Find a nature trail
- ☐ Take a picture with the texture ball

GOALS!

OUR YEAR TOGETHER:

☐ What do I want to learn this year?

☐ My goals for this year with my Big/Little:

☐ Our goals for the year:

☐ Something we want to learn together:

☐ A skill I can teach my Big/Little:

PLAY!

VIRTUAL MEETING GAMES:

Battleship:

<http://en.battleship-game.org/>

Description:

This fun alphabet game gives kids practice recognizing and naming nouns. Player one starts with the letter A and must name a person, place, or thing that begins with the letter A (note: 'person' can be expanded to include any living thing, if you wish). The next player must say a noun that starts with the letter B, and so on. Play continues, giving everyone a turn until you reach Z.

BrainPOP:

<https://www.brainpop.com/games>

Description:

Are you a match that loves learning new things? BrainPOP has content for learners grades K-8 in topics such as Science, Health, Reading and Writing, Social Studies, Math, Arts and Technology, Social Emotional Learning, and countless others!

Chrome Music Lab:

<https://musiclab.chromeexperiments.com/>

Description:

Are you a match that loves music? Have either of you ever wanted to write your own songs or learn about music in a fun way? Try this free website and start experimenting today!

Codenames Online:

<https://codenames.game/>

Description:

Codenames Online is a word guessing game that revolves around secret identities. There are a variety of cards on the table that each has an associated word. The spymaster gives a one-word clue, and an operative from one of two teams tries to guess a term associated with it – that also happens to be associated with a secret identity.

PLAY!

VIRTUAL MEETING GAMES:

Lego Builder City:

<https://www.lego.com/en-us/kids/webgames>

Description:

Mayor Fleck is on holiday and you're in charge! Help new city dwellers connect using the all-new Road Plates and bring LEGO® City to life! Free & super easy fun!

MadLibs:

<https://www.glowwordbooks.com/blog/category/kids-online-mad-libs/>

Description:

This website allows you to experience a digitized version of the classic MadLibs game. Enter wacky and creative parts of speech in the appropriate space, then click “Generate MadLib” to reveal your story.

Pictionary:

<https://randomwordgenerator.com/pictionary.php>

Description:

Use Zoom’s whiteboard to type the names of all the players as a scoreboard. Player one screen shares next, using an online random word generator and sketches the word. The others have 60 seconds to guess the word. If they do, they score a point. Play continues from one player to the next, until someone gets 10 points.

Skribble.io:

<https://skribbl.io/>

Description:

Like Pictionary, each player takes turns drawing a selected word using the colors on the screen. Can you guess what your partner is drawing before time runs out? Only one way to find out!

GET TO KNOW EACH OTHER:

- What's your favorite color?
- What do you want to be when you grow up?
- What is a talent you have?
- What is your favorite food?
- What is your favorite place in Ithaca?
- What is your favorite song?
- What is your favorite Holiday?
- What was your best Halloween Costume?
- What is your least favorite food?
- What is one place you want to visit?
- Do you collect anything?
- Who is your hero?
- What is something that always makes you smile?
- If you could invent something, what would it be?
- If you could choose any animal to be your pet, which one would you pick?
- What superpowers would you want to have?
- What is something you're really good at?
- If you could make a new holiday, what would it be?
- If you could do anything, what would be your perfect day?
- If you could be a time traveler, where and when would you go?
- What do you think is the worst chore? Why?
- If you could only eat one food the rest of your life, what would it be?
- What would the book about your life be called?
- What movie could you watch every day for the rest of your life?
- If animals could talk, which one would be the rudest?
- If you opened a business, what would you sell?

CONVERSATION STARTERS:

- If you got to be a parent for a day, what rules would you make?
- If you were going to collect something, what would it be and why?
- If you found a message in a bottle, what do you think it would say?
- Which superpower is better - flying or being invisible?
- If you could have any superpower, what would it be and why?
- If you were famous today, what would you be famous for?
- If your pets could talk, what would they say?
- If you won \$100, what would you do with it?
- If you had an animal tail, which one would you choose?
- What fictional land would you most want to visit?
- If you had a robot for one day, what would you ask it to do?
- If you could grow anything in your backyard garden, what would you grow?
- If music played every time you walked into a room, what song would play?
- If you were a teacher, which rule would you get rid of?
- If you could make up a word, what would it be and what would it mean?
- If you were in the circus, what would your act be?
- If you could be any age forever, which age would you choose?
- If you could invent a new toy, what would it be?
- If you had a time machine, what year would you travel to?
- If you could play any instrument, what would you choose?
- If you could travel anywhere for Summer vacation, where would you go?
- If you could create your own popsicle, what flavor(s) would it be?
- If you were a piece of furniture what would you be?
- If you could have an unlimited supply of anything for the rest of your life, what would it be?
- What's the nicest thing anyone has done for you? What's the nicest thing you've ever done for someone else?

WOULD YOU RATHER:

- Would you rather be a famous actor or famous singer?
- Would you rather be able to blow fire or shoot ice balls?
- Would you rather buy 100 one dollar toys or buy one 100 dollar toy?
- Would you rather have wings to fly or gills to breathe underwater?
- Would you rather fly like a butterfly or hop like a bunny?
- Would you rather dig in the garden for worms or search a pond for tadpoles?
- Would you rather jump into a BIG puddle of mud or a BIG puddle of rainwater?
- Would you rather be able to slide down rainbows, or jump on clouds?
- Would you rather have a tiger's stripes or a porcupine's needles?
- Would you rather be able to talk to animals or read people's minds?
- Would you rather have a pet dinosaur or pet dragon?
- Would you rather be able to live 100 years into the past or future?
- Would you rather be friends with superman or spiderman?
- Would you rather live inside a banana or a watermelon?
- Would you rather be a superhero or a sidekick?
- Would you rather work at NASA or the FBI?
- Would you rather go to outer-space or dive to the deepest part of the ocean?
- Would you rather live in the past or in the future?
- Would you rather fly a plane or drive a submarine?
- Would you rather sleep all day or never be able to sleep?
- Would you rather go to school 3X a week for 7 hours, or 7X a week for 3 hours?
- Would you rather burp when you laugh, or fart when you cry?
- Would you rather see a giant ant or a tiny giraffe?
- Would you rather ride a unicorn or a dinosaur?
- Would you rather have porcupine quills or be able to spray like a skunk?
- Would you rather fly to space or visit every country?
- Would you rather drink sour milk or eat a rotten egg?