



Activity Ideas for Big & Little Sisters

Now that you are a Big or Little Sister, you're probably looking forward to doing a variety of fun activities together! We hope these activity ideas will start you on your way to some fun-filled hours, or spark your imagination to plan your own unique activities and outings together.

It is important that as a Big or Little Sister you remember you are both responsible for planning your activities. Trying to stick to low or no cost outings can be challenging, but worth the effort! Big Sisters are not expected to pay for their Little Sisters - the Little Sister is expected to contribute to the cost of inexpensive outings.

We hope you keep this list handy throughout your relationship, especially for times when you feel like you've run out of ideas. Don't forget to try new or different activities at least once – you never know!

FREE Activity Ideas

1. Go for a walk – to the seawall, on the beach, through a park, anywhere new and interesting.
2. Window shop in a cool neighbourhood – Main Street is full of antiques, Gastown is a fun “tourist” place, Chinatown has many interesting cultural items. (Find walking tour information at www.city.vancouver.bc.ca/commsvcs/planning/heritage/walks/)
3. Hike – the local mountains have many free trails requiring varying levels of fitness – from the UBC Endowment Lands or the Seymour Demonstration Forest (easy) to Lynn Canyon Park (medium) to the Grouse Grind (challenging; costs \$5 to take the gondola down). Trails are located throughout the Lower Mainland – look for some in your neighbourhood or visit www.mountainguru.com.
4. Take a tour around local university or college campus.
5. Visit Granville Island for free entertainment or people watching. www.granvilleisland.com
6. Visit Steveston in Richmond. www.steveston.bc.ca
7. Go for a drive – to Horseshoe Bay, up Cypress Mountain, through the endowment lands at UBC; anywhere scenic could be a new experience.
8. Visit a local library and check out an interesting book, movie or CD; research or look up something in the stacks or on the internet; or peruse some magazines.
9. Check out a bit of history at the Burnaby Village Museum (4900 Deer Lake Ave., Burnaby. 604-293-6500). Admission is free in 2012. www.burnabyvillagemuseum.ca
10. Choose something new to learn, like calligraphy or stars, and learn it together.
11. Check out the local events in the paper – there are many free community events to take in throughout the year.
12. Make some popcorn and play a board game or do a puzzle.
13. Try a new card game together.
14. Visit a community centre for pick up basketball or floor hockey.

15. Take a soccer ball to the park and kick it around.
16. Play catch with softballs, footballs, beach balls, bean bags...whatever you can find! See how you can improve your skills.
17. Go to your local animal shelter and visit or walk the animals.
18. Cook something together – cookies, muffins, dinner or lunch.
19. Visit the Capilano Salmon Hatchery in North Vancouver. www.pac.dfo-mpo.gc.ca/sep-pmvs/projects-projets/capilano/capilano-eng.htm
20. Visit the Richmond Nature Park – hiking trails and a nature reserve. www.richmond.ca/parksrec/ptc/naturepark/about.htm
21. Start a scrapbook together – take photos, write in a journal, keep tickets and wrappers to remember your activities together.
22. Press flowers or leaves at different times of the year.
23. Start a collection together – stamps, coins, business cards from cafes, or anything new.
24. Play games while you are waiting in line – “I spy”, "Who or what am I?" - give clues; Use names of cities or countries and play alphabet geography; people watching - look for people wearing running shoes or eye glasses, etc.
25. Have a snowball fight, build a snow fort, an igloo, or a family of snow people.
26. Shovel a neighbour’s driveway or sidewalk; rake leaves and make a big pile.
27. Go to the airport park (near the South Terminal) and watch the planes fly overhead, keep a journal of how many and what kinds you see.
28. Go beachcombing – see how many different shells or coloured stones you can find.
29. Check out the totems in Stanley Park or visit the nesting grounds as Lost Lagoon.
30. Splash around at the Granville Island waterpark.

LOW COST Activity Ideas (\$1-\$9 per person)

1. Go swimming or skating at the community centre – they often have “loonie nights”.
2. Visit a wave pool or one of Vancouver’s great outdoor pools.
3. Check out the latest exhibit at the Vancouver Art Gallery on Tuesdays after 5pm when admission is by donation (750 Hornby St., Vancouver, 604-662-4719). www.vanartgallery.bc.ca
4. Celebrate special occasions together - carve a pumpkin, make valentines or colour Easter eggs.
5. Buy some birdseed (not bread crumbs!) and feed the ducks (unless otherwise posted) at Jericho Park, Ambleside, or any of the many other duck ponds in the Lower Mainland.
6. Start a craft together – make cards, paint, start a woodworking project.
7. Check out the Reifel Migratory Bird Sanctuary (191 Robertson, Delta; 604-946-6980). www.reifelbirdsantuary.com
8. Pick a sport and check out a local university or college women’s game.
9. Visit a second run movie theatre for a cheap movie.
10. Take a short trip on the False Creek Ferries – stops at Granville Island, Vanier Park, Yaletown, Science World, Stamps Landing. 604-684-7781. www.granvilleislandferries.bc.ca
11. Go bowling.
12. Make a model – planes, cars, dinosaurs, doll houses and furniture.

13. Make your own t-shirt or apron – give them as gifts or wear them together.
14. Visit the Gulf of Georgia Cannery National Historic Site www.pc.gc.ca/eng/lhn-nhs/bc/georgia/index.aspx
15. Play pitch and putt or visit a driving range.
16. Rent movies with a theme – scary, comedy, classic, high school, TV dramas, women and sport.
17. Make a balcony garden together – plant seeds in an ice cream bucket and watch them grow.
18. Make a kite and fly it at Vanier Park.
19. Visit the interpretive centres at Lynn Canyon or the Seymour Demonstration Forest.
20. Check out your local recreation centre for a girls-only program.
21. Visit the UBC Anthropology Museum – Tuesday 5-9pm admission is only \$9/person. www.moa.ubc.ca
22. Visit the Delta Museum and Archives – Three floors of permanent exhibits, fishing, agriculture, and Coast Salish Indian displays. Admission by donation. www.deltamuseum.ca
23. Visit the Langley Centennial Museum and Exhibition Centre. Admission by donation. www.langleymuseum.org
24. Take a quick boat ride on the Aquabus – Stops at the base of Hornby, Granville Island, David Lam Park, Yaletown, Stamps Landing, Spy Glass, Science World. www.theaquabus.com
25. Check out some Northwest Coast Indian artifacts at the Simon Fraser University Museum of Archeology and Ethnology – admission by donation (604-291-3325). www.sfu.ca/archaeology/museum/
26. Visit the animals at Maplewood Farm – domestic farm animals and birds, goat and rabbit petting areas and Sunday pony trail rides. (405 Seymour River Place, North Vancouver; 604-929-5610). www.maplewoodfarm.bc.ca
27. Check out the Bloedel Conservatory <http://vancouver.ca/parks/parks/bloedel/>
28. Visit the Fort Langley National Historic Site www.pc.gc.ca/eng/lhn-nhs/bc/langley/index.aspx

\$10-20 Activity Ideas (For a treat, once in awhile)!

Call for rates and times and ask for a Big Sister or student rate

1. Try a new activity together such as indoor rock climbing, snow shoeing, curling, or kayaking.
2. Visit the Vancouver Aquarium and Marine Science Centre in Stanley Park. www.vanaqua.org
3. Take the ferry to Bowen Island and enjoy a picnic lunch in the park or at the beach.
4. Check out the latest exhibit or movie at Science World. www.scienceworld.bc.ca
5. Walk through the beautiful gardens at Van Dusen Botanical Gardens (604-878-9274, 5251 Oak St. Vancouver). www.vandusengarden.org
6. Enjoy the view from the Harbour Centre Tower (555 W. Hastings St, Vancouver; 604-689-0421). www.vancouverlookout.com
7. Visit the West Coast Railway Heritage Park in Squamish www.wcra.org/heritage/
8. Learn all about space at the H.R. MacMillan Space Centre www.spacecentre.ca

Activity Ideas Websites

Lower Mainland:	www.tourismvancouver.com/visitors/things_to_do/events/calendar_of_events www.vancouver-bc.com/events/ www.vancouvereventscalendar.com/events/ www.findfamilyfun.com/eventthismonth.htm www.kidsvancouver.com/events/all
Burnaby:	www.burnaby.ca/Things-To-Do/Calendar-of-Events.html
Coquitlam:	www.culturecoquitlam.ca/default.htm www.tricityevents.com/Events.html
Delta:	www.corp.delta.bc.ca/EN/main/municipal/upcoming-events.html
New Westminster:	www.newwestcity.ca/residents/whats_happening/event_calendar.php
North Vancouver:	www.cnv.org/apps/commevent/ www.northvancouver.com/news/calendar/
Port Coquitlam:	www.portcoquitlam.ca/Dynamic/Page216.aspx?PageMode=Hybrid
Port Moody:	www.portmoody.ca/index.aspx?page=295
Richmond:	www.richmond.ca/news/richmondcalendar/EventSearch.htm
Surrey:	www.surrey.ca/city-government/6390.aspx www.cloverdale.bc.ca/events.php
Vancouver:	www.vancouvereventscalendar.com/events/ http://artstarts.com/free-weekend-activities
West Vancouver:	http://westvancouver.ca/List.aspx?type=events
White Rock:	www.city.whiterock.bc.ca/2005Leisure-Services/Events-Calendar.html