



Fun Match Activities

101 Fun Ideas and More!

- 1) Start a collection of: stamps, rocks, shells, baseball cards, butterflies, stickers, buttons, coins, etc.
- 2) Teach your mentee any special skills you might have: sewing, photography, carpentry, knitting, playing a musical instrument.
- 3) Work on a special craft project together; use it as a gift during Christmas, Hanukkah, Kwanzaa or on a birthday, Mother's or Father's Day.
- 4) Make homemade play dough, string beads, and take turns painting faces.
- 5) Offer to help your mentee make something special for his or her room, i.e., a wall-hanging, framed picture, wood project, models, arts and crafts.
- 6) Keep a journal of your relationship. Share entries you both have made on an occasional basis.
- 7) Instruct your mentee on telephone etiquette and use of emergency phone numbers.
- 8) Play a vegetable or flower garden together.
- 9) Go grocery shopping together.
- 10) Teach yard maintenance, i.e., cutting grass, raking, seeding, fertilizing.
- 11) Help your mentee check for jobs in the newspaper or neighborhood or online.
- 12) Research career choices or colleges together.
- 13) Take your mentee to local concerts, recitals, school plays, parades, etc.
- 14) Teach your mentee to read a recipe, use measuring utensils, read a thermometer.
- 15) Introduce your mentee to new foods and tastes—make a special meal, favorite recipe, try different ethnic foods, eat at a nice restaurant.
- 16) Help your mentee obtain a library card. Visit the local library and check out books of interest. Teach your mentee how to use catalog and other resources.
- 17) Teach your mentee how to use a computer or share computer knowledge.
- 18) Work on school projects, help with homework, and discuss study habits.
- 19) Fly a kite or throw a Frisbee.
- 20) Teach simple first aid skills.
- 21) Teach bicycle safety.
- 22) Take a walk together with a memento bag and collect interesting leaves, rocks, etc.
- 23) Make a bug cage and catch bugs together.
- 24) Eat lunch with your mentee at school.
- 25) Together, make a collage of your mentee's life using pictures cut from magazines.
- 26) Paint an original T-shirt for a special occasion.
- 27) Visit a hardware store and explain the function of various tools.
- 28) On your mentee's birthday, ask your mentee to lie on butcher paper and trace around him or her. Repeat the process each year to show how much he or she has grown.
- 29) Take your mentee to a sport game at the high school or he or she will attend.
- 30) Write a letter to your mentee on your anniversary telling what you've noticed about him or her in the past year.
- 31) Help your mentee make homemade potpourri with dried flower petals.
- 32) Wash the car together.
- 33) Make snow angels.

- 34) Make a calendar of the big events of his or her year.
- 35) Feed the birds.
- 36) Get a book of animal tracks and explore a pond or trail together to see what animals live in the area.
- 37) Go on a camera scavenger hunt together. Make a list of things you want pictures of before the hunt. Let the mentee take the pictures.
- 38) Go on a newspaper scavenger hunt. Give your mentee a list of 10-20 items to find in a newspaper.
- 39) Read biographies of people who did great things and let your mentee know they were no different from him or her.
- 40) Check out a tree identification book from the library and discover which ones are in your neighborhood.
- 41) Using the letters from a long word, see how many smaller words you can create.
- 42) Role-play meeting new people so your mentee will have more confidence in unfamiliar situations.
- 43) Invite someone who has lived in a foreign country over for dinner to talk about life in that country.
- 44) Build a log cabin with Popsicle sticks and glue.
- 45) Teach your mentee to use a fire extinguisher.
- 46) Squeeze fresh orange juice.
- 47) Tape-record your mentee reading a favorite story.
- 48) Go to the airport for lunch and watch the planes take off and land.
- 49) Show your mentee photographs or movies of you as a child.
- 50) Roast pumpkin seeds in the oven.
- 51) Take your mentee with you when you vote and explain why you selected the candidates you did.
- 52) Get some lumber, hammer and nails, and encourage your mentee to be creative.
- 53) Volunteer to visit your mentee's class to tell student's about your profession.
- 54) Build and paint a birdhouse.
- 55) Buy a yo-yo and learn how to do tricks with it.
- 56) Help your mentee make a video.
- 57) Using play money, show your mentee how you spend the money you earn.
- 58) Visit a music store and learn about different types of instruments.
- 59) Visit a college.
- 60) Make pancakes from scratch.
- 61) Learn to identify constellations.
- 62) Learn CPR together
- 63) Teach your mentee how to operate a washing machine and to sort and fold clothing.
- 64) Paint an old piece of furniture together.
- 65) Learn 10 new words in a foreign language.
- 66) Do something together for an elderly friend.
- 67) Learn to use a real camera—one in which nothing is automatic.
- 68) Go to an airplane or military air show.
- 69) Go tubing or sledding downhill.
- 70) Make dinner for your mentee's mom and surprise her on her birthday.

- 71) Surf the internet. Look for web pages of companies your mentee would recognize.
- 72) Visit a nursing home and read or sing to the residents. Or, ask them to describe what life was like when they were your mentee's age.
- 73) Whack golf balls at the driving range.
- 74) Assemble a model or bookcase.
- 75) Work on home improvement projects together—painting, wallpapering or remodeling a spare room. It provides great talk time and quite a few laughs, too.
- 76) Make foods from around the world and learn how people live in those countries.
- 77) Have a carpet picnic on the living room floor and watch a movie.
- 78) Check out programs for kids on weekends at your local civic center.
- 79) Maintain a scrapbook of all the things you do together. Include ticket stubs, menus, pictures, brochures, programs and other mementos.
- 80) Research an important event or issue at the library. Tour big university libraries.
- 81) Make a homemade pizza.
- 82) Bike along a trail. Stop to make dandelion necklaces or to search for bird nests.
- 83) Tell each other stories. Start by giving the other a starting sentence such as, "I was walking to school the other day when I saw..."
- 84) Visit all types of museums: art, science, nature, geology and so on.
- 85) Take an art class together.
- 86) Feed the ducks at a park.
- 87) Play basketball, football, volleyball, badminton, croquet or some other sport.
- 88) Go hear a storyteller.
- 89) Go boating or swimming.
- 90) Visit a rock-climbing wall.
- 91) Roller blade at a skate park
- 92) Build a bonfire and roast hot dogs and marshmallows.
- 93) Give your pet a bath.
- 94) Go fishing.
- 95) Play a board game.
- 96) Run errands together.
- 97) Play billiards.
- 98) Give each other a manicure.
- 99) Play cards.
- 100) Go camping.
- 101) Attend a sibling's sports activity.

North Eastern, MA

10 Free Things to do in Salem, MA

Web: www.salem.org/free.shtml

Arts & Culture

40 Wacks Museum

Location: 203 Essex St., Salem

Phone: 1-866-Lizzie-B

Web: www.40whacksmuseum.com

American Textile History Museum

Location: 491 Dutton St., Lowell

Phone: 978-441-0400

Web: www.athm.org

"Cry Innocent" Witch Trial

Location: 32 Derby Square, Salem

Phone: 978-867-4767

Web: www.roadsideamerica.com/story/11764

Erie Evenings

Location: The Witch House, 310 Essex St., Salem

Phone: 978-744-8815

Web: www.eerieevenings.org

Essex Art Center

Location: 56 Island St., Lawrence

Phone: 978-685-2343

Email: info@essexartcenter.com

Web: www.essexartcenter.com

Hocus Pocus Tours

Location: 164 Essex St., Salem

Phone: 781-248-2031

Web: www.hocuspocustours.com

House of Seven Gables

Location: 115 Derby St., Salem

Phone: 978-744-0991

Web: www.7gables.org

Lynn Historical Society Museum**Location:** 590 Washington St., Lynn**Phone:** 781-581-6200**Web:** www.lynnmuseum.org*Note: FREE for children under 12.***Merrimack Repertory Theater****Location:** 50 E. Merrimack St., Lowell**Phone:** 978-654-4678**Web:** www.merrimackrep.org**New England Pirate Museum****Location:** 274 Derby St., Salem**Phone:** 978-741-2800**Web:** www.piratemuseum.com**New England Quilt Museum****Location:** 18 Shattuck St., Lowell**Phone:** 978-452-4207**Web:** www.nequiltmuseum.org**North Shore Music Theater****Location:** 62 Dunham Road, Beverly**Phone:** 978-232-7200**Web:** www.nsmt.org**North Shore Children's Museum****Location:** 294 Essex St., YMCA building, Salem**Phone:** 978-741-1811**Web:** www.northshoreymca.org/pages/11446_north_shore_children_s_museum.cfm**Peabody Essex Museum****Location:** 161 Essex St., Salem**Phone:** 866-745-1876**Web:** <http://pem.org/homepage/index.php>**Phillips House****Location:** 34 Chestnut St., Salem**Phone:** 978-744-0440**Web:** www.historicnewengland.org/PhillipsMuseum/index.htm**Salem Wax Museum****Location:** 288 Derby St., Salem**Phone:** 978-740-2929**Web:** www.salemwaxmuseum.com

The Witch House

Location: 310½ Essex St., Salem

Phone: 978-744-8815

Web: www.salemweb.com/witchhouse

UMass Lowell Center for the Arts

Location: 35 Wilder St., Suite 1, Lowell

Phone: 978-934-4444

Web: www.uml.edu/centerforarts

Note: The Discovery Series is offered to families on Sunday afternoons throughout the year. All performances are selected for their high artistic quality, family appeal and age appropriateness. The series celebrates human creativity, imagination, interpersonal communication and the magical bond forged between performer and audience.

Witch Dungeon Museum

Location: 16 Lynde St., Salem

Phone: 978-741-3570

Web: www.witchdungeon.com

Witch History Museum

Location: 197-201 Essex St., Salem

Phone: 978-741-7770

Web: www.witchhistorymuseum.com

Entertainment**Activity Music and Puppet Concerts by Rick Goldin**

Phone: 978-453-2550

Web: www.rickgoldin.com

Note: See website for schedule of upcoming shows.

Count Oarlock's Nightmare Gallery

Location: 285 Derby St., Salem

Phone: 978-740-0500

Web: www.nightmaregallery.com

Dracula's Castle

Location: 90 Lafayette St., Salem

Phone: 603-458-5848

Web: www.draculathecastle.com

Jay Gee's Ice Cream & Fun Center

Location: 602 Lowell St., Methuen

Web: jaygees.com

Outdoor Activities

Amesbury Sports Park Snow Tubing

Location: 12 South Hunt Road, Amesbury

Phone: 978-388-5788

Web: www.amesburysportspark.net

Amesbury Town Park

Location: Friend and Highland Streets, Amesbury

Note: FREE

Boston Hill Farm

Location: Route 114, North Andover

Phone: 978-681-8556

Web: www.bostonhillfarm.com

Derby Wharf Light

Location: 174 Derby St., Salem

Phone: 978-740-1660

Web: www.lighthouse.cc/derbywharf

Ipswich River Wildlife Sanctuary

Location: 87 Perkins Row Topsfield

Phone: 978-887-9264

Web: www.massaudubon.org/Nature_Connection/Sanctuaries/Ipswich_River/index.php

Joppa Flats Education Center & Wildlife Sanctuary

Location: 1 Plum Island Turnpike, Newburyport

Phone: 978-462-9998

Note: FREE (Suggested Donation: \$2 for non-members)

Lowell National Historical Park

Location: 160 Pawtucket Blvd., Lowell

Phone: 978-458-8750

Web: www.nps.gov/lowe

Lynn Woods

Location: Lynn, MA 01904

Phone: 781-477-7123

Web: www.flw.org

Salem Cycle

Location: 72 Washington St, Salem

Phone: 978-741-2222

Web: www.salemcycle.com

Salem Willows

Location: 167 Fort Ave., Salem

Phone: 978-744-9444

Web: www.salemwillowspark.com

Note: FREE

The Butterfly Place

Location: 120 Tyngsboro Road, Westford

Phone Number: 978-392-0955

Website: butterflyplace-ma.com

Wolf Hollow

Location: 114 Essex Road, Ipswich

Phone Number: 978-356-0216

Website: www.wolfhollowipswich.org

Note: Adults \$6; Children \$4.50 (ages 3-17).

Sports and Recreation**Lowell Devils, American Hockey League**

Location: 300 Martin Luther King Jr. Drive, Lowell

Phone: 978-458-7825

Web: www.lowelldevilshockey.com

Lowell Spinners Professional Baseball

Location: 450 Akin St., Lowell

Phone: 978-640-0033

Web: lowell.spinners.milb.com/index.jsp?sid=t558

North Shore Navigators Professional Baseball

Location: Western Ave., Lynn

Phone: 781-592-0007

Web: www.nsnavs.com

Indoor Recreation**Lucky Strike Bowling Lanes**

Location: Buffum St Lynn, MA 01902

Phone: (781) 592-910073

Web: www.luckystrikelanes.com

Perpetual Motion Indoor Playground

Location: 345 Chelmsford St., Lowell

Phone: 978-452-0777

Web: perpetualmotioninc.com

Seasonal Events

African Festival

Location: Lowell

Web: www.africanfestivallowell.org

Note: An annual event featuring performing arts, as well as traditional and modern African arts and crafts.

Lowell Folk Festival

Location: Lowell National Historical Park, 67 Kirk St., Lowell

Web: www.lowellfolkfestival.org

Note: The largest free folk festival in the United States with ethnic food, dance, and music from around the globe.

Lowell Quilt Festival

Location: Multiple locations

Web: www.lowellquiltfestival.org

Contact: Info@LowellQuiltFestival.org

Match Activities based on Developmental Stage

6 to 9 Years Old

Social and Emotional Characteristics

- Active, energetic, and can be easily distracted
- Enjoy playing in groups, but don't engage in teamwork
- Can be very competitive
- Have a strong sense of right and wrong and what is fair
- Curious about new things and eager to tell what they know

Physical Characteristics and Abilities

- Bone growth not complete
- Self conscious about sexual development and develop modesty
- Can be accident prone
- Can tell time, day of the week, and the month

Suggested Match Activities*

- Play in the park
- Swimming
- Arts and crafts projects
- Get a library card
- Board games

14 to 16 Years Old

Social and Emotional Characteristics

- Fear being ridiculed and unpopular
- Moods fluctuate with changing hormones
- Experience major conflicts over control (rules, homework, curfew)
- Socialize in same-sex groups

Physical Characteristics and Abilities

- Rapid weight gain in early adolescence, often accompanied by an enormous appetite
- Onset of puberty and physical changes in body
- May experience "growing pains"

Suggested Match Activities*

- Rollerblading
- Hiking
- Sporting events
- Cultural events/festivals
- Choose a topic together and look up information on the internet

10 to 13 Years Old

Social and Emotional Characteristics

- Strong desire to be accepted by peer group
- Test limits and question authority, such as teachers and parents
- Engage in teamwork and join teams or clubs
- Interested in earning own money

Physical Characteristics and Abilities

- Girls increase in weight
- Boys increase in physical strength
- Small muscle coordination develops
- Enjoy activities they perceive as "risky"

Suggested Match Activities*

- Bike riding
- Bowling
- Go to a sporting event
- Offer to pay Little for helping with a project, if appropriate
- Movies
- Cooking/baking

16 to 18 Years Old

Social and Emotional Characteristics

- Begin dating
- Begin having friendships with peers of both sexes
- Have determined what their own strengths are
- Capable of abstract thinking and problem solving

Physical Characteristics and Abilities

- Girls will be at or near full adult height
- Boys can continue to grow taller until age 22
- Boys begin to replace fat with muscle

Suggested Match Activities*

- Volunteering
- Join a sports league together
- Visit museums
- Explore potential careers
- Visit a college campus
- Go out to lunch and talk

*The match activities listed above are merely suggestions and are by no means specific to only that age group, nor are they to be taken as limitations