



Big Brothers Big Sisters compiled fun, easy, and creative ways for Bigs and Littles to stay connected while practicing social distancing. Remember it is the little things that make a BIG difference!

### Tips to Stay Connected During Social Distancing

- Work with your Little and your Little's Parent/Caregiver to determine the best time and method to stay in touch. Remember to receive Parent/Caregiver permission for your communication plan.
- Click [here](#) to learn about free video chat apps to use to stay in touch.
- Share about each other's day or week. What went well (highs)? What's hard during these times (lows)?
- Check in about how online school and learning is going. Ask your Little to share specifics about their online/packet school assignments.
- Call or text your Little with a motivational message.
- Mail or drop off a care package for your Little including notes, books, or art supplies.
- Discuss goals. Create a challenge to choose one thing a week that you both can accomplish at home. Decide how you will celebrate accomplishments and have weekly check-ins on progress. For example reading books, fitness goals, art projects, etc.
- Create vision boards – separately or shared on Google docs.
- Brainstorm a list of things you would like to do together in the future when you can meet in-person.

### Easy and Fun Games to Play

- **Charades:** This classic game is an instant hit and is easily played over video chatting. Choose a person, place, or thing. Let loose a little, act it out without saying any words, and see if each of you can guess what you're acting out!
- **Would You Rather?** Use your imagination or look up "Would You Rather Questions" and choose a few good ones. Take turns asking each other the questions. This is a great way to spark discussion and laughter.
- **Pictionary:** Similar to Charades, simply choose a person, place, or thing. Grab a piece of paper and something to write with. Then, try to draw it without saying a word, and see if you can guess each other's drawing!
- **20 Questions:** Think of a person, place, or thing. Each Big and Little can ask each other up to 20 questions in order to gather information. You can only answer "Yes" or "No." See if you can guess what each other is thinking of before they run out of questions!



- **Spelling Bee:** Use a dictionary, book, magazine, or anything that has words. Take turns and quiz each other on how to spell words you find. Keep track of all the words and look them up if you don't know what they mean.
- **Guess that Place:** Think of a place that you have gone together and write it down. Now your goal is to get the other person to name the place you have gone without saying the name of the place. You can only use words to describe the place. Use descriptions including colors, nearby locations, what you did there, what you liked about it, but you cannot say the name of the place. Take turns and try to see how many places you can come up with that you have been together and had fun!
- **Name Game:** Do you know how to spell each other's names? Easy way to learn. For each letter of the person's name you will come up with one word that describes the person. For example: Jada (J-stands for joyful). Work on spelling each other's names and sharing positive adjectives to describe each other.
- **Two Truths & A Lie:** Tell each other three things about yourself. Two should be true, and one should be a lie. Your partner guesses which one is the lie! See how well you know each other. Don't forget to discuss that this is a game and the importance of telling each other the truth.

### Arts and Culture Things to Do

- Explore new music or other music/dances from around the world.
- Draw or create something and show it to each other.
- Order a to-go project from [Farmhouse Paint & Sip](#) using our [Big Deal Discount](#) (buy one, get one project or class free).
- Learn a new language together using free [Duolingo](#) then speak to each other using your new language skills.
- Learn how to make simple music together using [Soundtrap](#). It's a free music interface that only needs a web browser and allows multiple people to collaborate on the same track. Would work well paired with a video hang out or screen share.

### Things to do with Teens

- Go on a [virtual campus tour](#) together.
- Apply for a scholarship. Check out all the great scholarships out there that Little's can apply for now for their future. Click for a list of [scholarship opportunities](#).
- Write a personal statement. Discuss what to include and work on an outline to break it down by steps for it not to be so overwhelming.
- Talk to your Little about self-care during this time (wash hands, limit screen time, exercise/meditate/ mindfulness, read, talk to people who care about you).



- Watch one of these short videos and discuss and reflect together:
  - [Famous Failures](#)
  - [The Science of Character](#)
  - [An Experiment in Gratitude](#)
  - [How to Find Your Spark](#)
  - [Garnder's Multiple Intelligences Theory](#)

### Educational Things to Do

- Work on a Free Educational Online Resource Together
  - [MPS Online Learning Access](#)
  - [Kahn Academy](#)
  - [National Geographic Kids](#)
  - [Scholastic Learn at Home](#)
  - [PBS Kids](#)
  - [Ted Ed Student Talks](#)
  - [Virtual Tours of 12 Famous Museums](#)
  - [Virtual Field Trips](#)
  - [DragonBox math fun](#)
- Become pen pals. Exchange letters and postcards with one another. Send Little a letter-writing start-up kit with stationery, stickers and a sheet of postage stamps to get things going. Visit <https://store.usps.com/store/home> to purchase postage stamps online.
- Write short stories back and forth to each other (virtual or snail mail).

### Health & Fitness Things to Do

- Focus on how to support the mind, body, and soul.
- Use this [Comic Exploring the Coronavirus](#) and talk about what you can do to stay healthy.
- Share quotes. How does the quote relate to your life and keep you motivated/empowered, research the person, etc.
- Get moving together with a movement or yoga video ([Go Noodle](#) or [Cosmic Kids](#)) or do exercise like jumping jacks, squats, sit ups or push ups).
- Talk to your Little about self-care during this time (i.e. wash hands, limit screen time, exercise/meditate/mindfulness, read books, talk to people who care about you).