

VIRTUAL MATCH ACTIVITY RECOMMENDATIONS

Due to the recent outbreak of COVID-19, BBBSCI is taking precautionary measures to prevent the spread and contamination of others with COVID-19. Due to these developments, we are encouraging Bigs and Littles to engage in virtual communication and activities for the time being. We have compiled a list of virtual activities and communication tools that our matches can do/use to stay connected during this time of social distancing. If you have any questions or other suggestions for what matches can do during this time, please email jblack@bbbsci.org. Thank you!

CREATE A COMMUNICATION PLAN WITH YOUR LITTLE

During this time of social distancing, it is important that you continue working on your relationship with your Little. Your communication is going to look a little different for everyone during this time based off resources available and what is easiest for each individual. Make it a point to reach out to your Little and come up with a plan for how you two can best stay in open communication with each other during this time.

HOW TO TALK TO YOUR LITTLE ABOUT COVID-19

This pandemic can feel overwhelming, and there are chances that your Little is feeling overwhelmed and scared by the many rapid changes that have been happening in the past weeks. Reach out to your Little and reassure them that you are here for them and will support them. For helpful resources on how to talk to your Little about the COVID-19 pandemic, see the bottom of the second page.

BECOME PEN PALS

Bigs and Littles can become pen pals! Pen pals are people who regularly write each other through posted mail. Write your Little a letter (or email) about what you have been doing to entertain yourself during this time of social distancing, your favorite tv shows, books, etc. Ask them questions about what they have been doing to stay busy and how they are feeling during this time. See how many letters (or emails) you can write back and forth!

FACETIME / CALL EACH OTHER

Set aside time to call and/or facetime with each other. While you can't hang out in person right now, facetimeing and calling each other makes all the difference! Not only can it take your mind off everything that is going on, but you can ask each other questions about what you are doing with your time at home, learn new things about each other, and plan ideas for what you want to do when you're allowed to hang out in person again.

BIG AND LITTLE BOOK CLUB

You and your Little can have your own virtual book club! Pick out a book you can both read and then have weekly calls discussing the book and questions that have come up. Questions to consider are: *What was your initial reaction to the book? What was your favorite quote or passage? What do you think were the more prominent themes of the story? Would you recommend this book to a friend? Why or why not?*

BIG AND LITTLE MOVIE DISCUSSION

You and your Little can choose certain movies to watch and then have follow-up discussions about it. Questions to consider for the follow-up can be: *What was the theme of this film? Did you learn anything from the movie? Was there something you didn't understand about the movie? What was your favorite part? Who was your favorite character?*

CREATE A BIG + LITTLE BUCKET LIST

You and your Little can create your Big + Little Bucket List! Create a list of all things you dream to do together as a match and write up a list. Creating a bucket list will be a good resource for you to reference throughout your match relationship and keep you motivated to check everything off your list.

PLAY MULTIPLAYER GAMES ON THE INTERNET TOGETHER

There are many free, multiplayer web browser games that you and your Little can play together. A few examples of games you could play together are: Animal Jam, Bin Weevils, BittyBay, and Chobots!

RESOURCES ON HOW TO TALK TO YOUR LITTLE ABOUT COVID-19 PANDEMIC

- https://www.mentoring.org/new-site/wp-content/uploads/2015/09/JPMC-Trauma-Resource.pdf?utm_medium=email&utm_campaign=COVID-19%20Announcement&utm_content=COVID-19%20Announcement+CID_9c65380679a17a091050066a32eb9663&utm_source=CampaignMonitor%20Email&utm_term=trauma%20for%20young%20people
- [https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)
- <https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>