

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!

Last updated on 04.08.20

KEEP A DIARY DURING SOCIAL DISTANCING

Purchase a journal or diary for you and your Little. Determine a schedule for writing topics and having virtual meetings/discussions and reflection. Reflect on daily activities, feelings, emotions and how you have been spending your time during COVID-19.

36 QUESTIONS FOR INCREASING CONNECTIVITY

During video chats or phone calls, consider selecting questions from this list provided by Greater Good in Action from Berkeley. Before trying it, make sure both you and your Little are comfortable with sharing personal thoughts and feelings with each other. Each person should answer each question, but in an alternating order, so that a different person goes first each time.

Link: https://ggia.berkeley.edu/practice/36_questions_for_increasing_closeness?_ga=2.119480203.365091663.1585083206-631830334.1585083206

ACTIVE LISTENING DURING VIRTUAL COMMUNICATION

Communicating virtually with your Little can be a struggle. One tip to help with virtual connections is for Bigs to practice being active listeners. Click the link below for more details, info, and guidance!

Link: https://ggia.berkeley.edu/practice/active_listening?_ga=2.119480203.365091663.1585083206-631830334.1585083206

FREE E-BOOKS FOR YOU AND YOUR LITTLE!

Oxford Owl has provided free e-books for children ages 3-11. You can use this resource to read books to your Little OR start your own virtual book club with your Little. You can schedule weekly calls to discuss your books or to read together.

Link: <https://home.oxfordowl.co.uk/>

LEARN TO DRAW – VIRTUAL SESSIONS WITH ARTISTS

Develop a talent, skill, or passion together! There are a ton of experts creating exceptional online content right now that can help you and your Little. Follow the link below to learn more!

Author and illustrator on YouTube: <https://www.youtube.com/user/studioijk>

Lunch doodles with Mo Willems: https://www.youtube.com/playlist?list=PL14hRqd0PELGbKihHuTqx_pbvCLqGbOkF

MESSENGER KIDS FROM FACEBOOK

A great way to safely connect with your Little via a social media platform, while keeping their parent looped in, is through Messenger Kids from Facebook. Follow the link below for more info on how it works!

Link: <https://messengerkids.com/how-it-works/>

SCREENSHOTS OF YOU + YOUR LITTLE!

How are you and your Little staying connected during this time of social distancing? We would love to hear about it and see it! Send in any screenshots you have of you and your Little connecting via Facetime, Skype, Zoom, etc! Send pictures to activities@bbbsci.org.

VIRTUAL GAME NIGHT – DRAW SOMETHING

You and your Little can both download the app, Draw Something and have a virtual game night together! Download “Draw Something” from any app store or mobile platform.

Link for Apple App Store: <https://apps.apple.com/us/app/draw-something-classic/id488628250>

VIRTUAL GAME NIGHT – WORDS WITH FRIENDS

You and your Little can both download the app, Words with Friends and have a virtual game night together! Download “Words with Friends” from any app store or mobile platform.

Link for Apple App Store: <https://apps.apple.com/us/app/words-with-friends-word-game/id804379658>

WRITE A GRATITUDE LIST

Bigs and Littles can each write a gratitude list of what they are thankful for in their everyday lives. You can write your list and then call each other and discuss what you both wrote. This is a good way to stay connected and keep your mind distracted during this time of social distancing.