

VIRTUAL MATCH ACTIVITIES

The time Bigs and Littles spend together is fun, meaningful, and it strengthens relationships! Now more than ever, youth and adults are looking for ways to interact with others. With some purposeful planning, creating meaningful connections can happen virtually. If you can't meet in-person, below are some virtual activity ideas. Give them a try in your match!

Get to Know One Another

During video chats, consider selecting questions from **this list** provided by Greater Good in Action from Berkeley. Alternate who goes first asking the questions! Already know each other? Use these to get to know each other even more or try to guess their answers.

Games, Cards, & Puzzles

Virtual Board Games & Card Games you can play together even when you're not in the same place.

Online Jigsaw Puzzles

Freerice – An online game that gives back! Freerice is a game for all ages and is designed to be safe, welcoming, and neutral. Every question you answer correctly in the game triggers a financial payment to the World Food Programme (WFP) to support its work saving and changing lives around the world. To play all you need to do is test your knowledge on the trivia questions—multiple categories and difficulty levels available. **CLICK HERE TO PLAY!** This could count for a community service activity. Just screenshot you playing and send it to your Mentoring Relationship Specialist.

Arts & Crafts

Develop a talent, skill, or passion together! Experts are creating exceptional online content right now that can help Bigs and Littles explore the arts.

Check-out these YouTube videos.

Draw Every Day with JJK

Lunch doodles with Mo Willems

Creativebug offers awesome resources for learning new crafts or practicing ones you already know. **It is FREE with your Indianapolis Public Library Card.** You'll find classes on things like art, sewing, jewelry, paper crafts, and many more! There's an App for your smartphone that offers easy mobile access to their classes and resources. This is a great way to craft over video chat!

- Sign up for your free account using your Indianapolis Public Library card **here**.
- Watch this helpful **tutorial**.

Virtual Field Trips

Navigate through any of these virtual exploration sites at the same time and discuss!

Tour the San Diego Zoo & Animal Live Cams

Smithsonian National Zoo: At Home Activities & More Animal Live Cams

Virtual Trip to the Moon & Tour Mars

Tour The Great Wall of China

Tour Yellowstone National Park

Tour the White House

Virtual Escape Rooms

Escape Rooms help build problem-solving skills. Search **HERE** for more options.

Harry Potter Themed Escape Room

Jumanji Escape Room

Alice in Wonderland Escape Room

Spy Apprentice Escape Room

Asteroid Collision Escape Room

Fitness Activities

Yoga Classes on **The Learning Exchange**

Log into **The Learning Exchange** (TLE) and search "yoga." You'll find over 40 hours of guided classes for all ages and levels. If you have trouble logging into The Learning Exchange, ask your Mentoring Relationship Specialist for help!

YouTube has many options to choose from:

Body Positive Hip Hop Class

Guided HIIT Workout for Kids

POPSUGAR Fitness

Educational Activities

Kahn Academy offers free world-class education for anyone. Practice exercises and instructional videos for grades K-12. Kahn Academy also offers test prep!

This course is a fun one for matches to do together: **Disney's Imagineering in a box**. Learn what it takes to imagine, design, and engineer your own theme park!

Home-based Science Experiments

News Magazine for Kids

Mental Health Activities

Calm Breathing | Bubble Breathing is a tool to use anywhere, anytime. This technique teaches us how to slow our breathing when we're feeling anxious or stressed. It can help us calm and feel a sense of control.

A **Gratitude Journal** is a helpful tool to create more positive and hopeful thinking. Having a positive outlook on life helps improve your mental well-being. You can print a FREE Gratitude Journal through the Mayo Clinic. Consider printing or purchasing a journal to drop-off to your Little. Make time to talk about your entries together.

Create a digital Vision Board. Vision Boards help us imagine what our positive future could look like. Envisioning a positive future helps us; reflect, gain self-awareness, increase positive emotions and optimism. Check out **Canva Free** for websites and templates or see more options **HERE**.

Fun Apps for Smartphones

Download these fun apps from your smartphone's app store. Be sure to choose ones both Bigs and Littles can download!

GamePigeon – A collection of 2-player games to use with iMessage

Duolingo – Learn a new language together

DragonBox – Math fun for all levels

Spelling Stage – A fun game with spelling, vocabulary, reading, and writing

Free Flow – Puzzle game

Looking for More Ideas?

Your Mentoring Relationship Specialist is a great resource for more ideas. They're just a call or text away.

Check out the Events tab of **The BigApp** for upcoming virtual activities hosted by BBBSCI.

Join the **BBBSCI Bigs Facebook Group** to connect with other Bigs and share ideas.

Make or eat **dinner together** over video chat.

Watch a show or movie on Netflix and **talk about** it afterward.

Build **Legos** together over video chat.

Color together while listening to your favorite music or song. Take turns picking the tunes.

Start a **virtual book club**. Either just the two of you or invite other Bigs & Littles to join!

Set a couple accomplishable **goals** for you to work on at home. Set weekly check-ins to see how it's going. (Ex. Read a book, Practice cooking, Achieve an exercise goal, etc.)

Talk to your Little about ways to **practice self-care**. (Ex. wash hands, limit screen time, exercise/meditate/practice mindfulness, talk to people who care about you)

Create a **Virtual Mentoring Plan**. Bigs and Littles agree on a calendar, timeline, and best ways to stay in-touch. Key talking points should include expectations from both of you, schedule weekly check-ins, and decide if it's by text, video chat, email, or over the phone.

Technology Options

A variety of video conferencing software exists that Bigs and Littles can use for interaction. Find a virtual platform that both Big and Little are most comfortable using and make that your go-to software for video chatting.

- Zoom
- Facetime
- Facebook Messenger for Kids
- MS Teams
- WhatsApp

Etiquette Tips for Virtual Interactions

Here are tips to help navigate this new form of communication which may be subject to increased likelihood for distractions.

- Set up laptops or devices in a secure environment that is free from as many distractions as possible.
- Be aware of surroundings. Cameras and microphones allow all parties to see and hear what is going on. This can also include being aware of how you dress and act appropriately.
- Remember the same rules apply that would apply to a face-to-face meeting with someone. Bigs and Littles should give each other their full attention during their time together.

PRO TIP: It's important for Bigs to also connect with their Little's Parent/Guardian. When meeting in-person, Bigs and Parents can connect during pick-up or drop-off from activities. In a virtual match, it is important to schedule a time for Bigs and Parents to talk and reflect on the match and how the Little is doing.

PRO TIP: It's important for Bigs to introduce new or different ideas to their Littles in hopes to expand their possibilities. Keep in mind that healthy developmental relationships involve giving Littles an equal balance of power —make sure Littles have a voice!

PRO TIP: Be patient with progress. All developmental relationships take time, virtual and in-person. Keep in mind that Big Brothers Big Sisters is here to support Bigs and Littles. Don't be afraid to reach out for help and guidance if you are struggling to stay connected!

For more information check out **Promoting Effective E-Mentoring Relationships** and **talk to your Mentoring Relationship Specialist.**