



Big Brothers
Big Sisters®

Mentoringkids.org

Going virtual means that your match is going to look and feel a little bit different than it does when you have in-person activities.

And that's OK. This isn't a time to focus on making great strides towards building your friendship.

We're going to focus on keeping the friendship that you already have as stable as possible.

The first thing to remember is that not all kids do well talking on the phone or Zooming. You're probably going to have to take the lead, so don't be discouraged if things don't go as well as you think they should.

The one thing we DO know is that it's easier for kids to talk to someone that they can see. So **using Zoom or FaceTime will be easier than just talking on the phone.**

And remember, NOBODY does well with a 2 hour virtual activity! So **plan for shorter "outings"** that last 15-30 minutes. If your Little has a short attention span, plan on 10 minutes. The point of these activities is to keep you connected to your Little until you can meet in person again. We don't want your Little to feel forgotten or discarded! Of course, if you find something that sparks your Little's interest and you Zoom together for an hour, that's fantastic! Just remember that it's the exception, not the rule.

Most kids have had to do "virtual" activities this year, but **don't assume** that your Little knows Internet Safety. Take a few moments to familiarize yourself with internet safety for kids. And then talk with your Little about what's OK and what's not OK. Remind them that if they wouldn't do or say something in front of you in-person, then it's NOT OK to do it virtually.

Internet safety is something that most parents are concerned about and take very seriously. This is the perfect time to talk with your Little's parent or guardian about what they expect your virtual outings to look like. Always make sure your Little's parents can see/hear what you're up to on your "virtual outing" if they want to check in. While it's sometimes easier for your Little to step away from siblings or parents so they can focus, be mindful that you're an adult, communicating with a child electronically, so visibility by parents is a must.



Big Brothers
Big Sisters®

Mentoringkids.org

THINGS TO DO WITH YOUR LITTLE: While social distancing

Maintaining connection is critical to our health and well-being, especially during challenging times. **There are a number of ways to keep connected:**

1. Have a dance off. Take turns dancing to the same song.
2. Become pen pals. This is a great opportunity to work on writing skills and to teach your Little about The Old Ways before email and texting.
3. Have dinner together. You can order food that's delivered to your Little's house and you can eat together at the same time while talking over Zoom.
4. Have a Netflix watch party. Try to make this as interactive as possible and think of questions to ask your Little during the movie.
5. Pick a famous work of art that you both like. Then, each of you does your best to re-create the art out of things you find in your homes. Take a picture of your re-creations and then talk about the process you each used over Zoom.
6. Try Build a Story. Start with a sentence and then have your Little add ONE sentence. Then you add another. Then your Little adds ONE sentence. Make sure to write it down so you can read it at the end.
7. Play Would You Rather, Pictionary, Charades, or another game over Zoom.
8. "Jackbox" offers several games that are appropriate for a Zoom outing.
9. Check in with your Little every evening for High/Low. You each share the high point for your day and the low point of your day.
10. Do virtual Show and Tell. Pick out a neat object in your house and tell the story of why you have it. Ask your Little do do the same.

This is just a quick list, so just because you don't see something listed on here, does NOT mean that it isn't "approved" as an activity. **Remember, if you have problems connecting or concerns, talk with your case manager!**