

APART BUT TOGETHER

ACTIVITIES FOR BIGS AND LITTLES DURING THE COVID-19 CRISIS



Big Brothers
Big Sisters®
OF BEAVER COUNTY

Due to the recent outbreak of COVID-19, BBBS of BC 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. **This may be a very lonely, scary time for your Little, and as a Big, you can provide support and keep your relationship growing.** Please reach out to your match support specialist if you need assistance in any way.

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.

- **FACETIME, PHONE CALLS, TEXT MESSAGES, EMAILS**



- **BIG & 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 & LITTLE MOVIE CRITICS:** 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?*
- **BIG & LITTLE SKILL CHALLENGE:** Decide on a new talent/skill to work on (e.g. art, reading, basketball dribbling, Words With Friends, etc.).
- **BIG & LITTLE HIGHS AND LOWS:** Discuss the positive parts of the day and what you each are thankful for and also what was a challenge for each of you.
- **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.

*****Ask your Little, "What emotions are you feeling right now? What can I do to be a good friend to you?" Let them know, "You're not alone."**