



**Big Brothers
Big Sisters®**
OF CENTRAL TEXAS

Apart But Together Activities



Our young people and our whole community are facing a lot of disruption right now. It's important that our youth know they are cared for by many people!

Social distancing can lead to social isolation. We want people to be safe AND feel connection with others so we're encouraging matches to stay in touch! This is an important time to stay in communication with people we care about!

Recommendations for Connecting

For matches with phone, internet access:

- Facetime, Phone Calls, Text Messages.
- Connect through a fun "app" game on your phone/tablet. This could include checkers, chess, or cards.
- Email one another.
- Read a book together and discuss it.
- Watch the same movie or show and talk about your favorite parts.
- Decide on a new talent/skill to work on (e.g. art, reading).
- Discuss the positive parts of the day and what you each are thankful for.
- Create a list of future outing ideas, which can be something to look forward to.



For matches where Littles do not have access to phone or internet:



- Big can draw a picture and send it to the Little to color and send back.
- Big writes a simple paragraph starting a story and sends it to the Little to continue the story with another paragraph and sends it back to the Big to keep going.
- Big makes a few flash cards with funny questions on one side for the Little and mails it to the Little who answers the question on the back of the cards and mails it back.
- Pick a TV show or movie to watch independently and write each other's top five favorite parts and mail it to each other to compare.

(This can also be educational as it involves reading, writing and spelling.)

