

44 Virtual Match Activity Ideas to Try While Social Distancing

Big Brothers Big Sisters' Match Engagement team compiled these fun, creative and entertaining ways for Bigs and Littles to stay connected while practicing social distancing.

Check out the list below or [download and print it](#) to use later.

If you have questions about connecting with your Match, please contact your Match Support Specialist.

45 Ideas to Try with your Match

1. Play a game of “Would You Rather” or “20 questions” via telephone or FaceTime
2. Make a mini video update (First choosing a theme, Show N’ Tell, Top 10 activities to do that don’t involve screen time, etc.) to send to one another
3. Watch YouTube Videos & Reflect/Discuss them together:
 - [Famous Failures](#)
 - [The Science of Character](#) (Middle-School or Teens)
 - [An Experiment in Gratitude](#) (Teens)
 - [How to Find Your Spark](#)
 - [Garnder’s Multiple Intelligences Theory](#)
4. Create a shared distance mentoring plan: PG, Big and Little would be able to agree on a calendar, timeline, and the best ways to stay in touch:
 - o talk with one another on what to expect from you moving forward until further notice
 - o Schedule weekly / bi-weekly check ins over the phone, email, text, or video call – stay connected!
 - o Talk to your Little about ways to “self-care” during this time (i.e. wash hands, limit screen time, exercise/meditate/mindfulness, read books, talk to people who care about you

5. Have a drawing contest and show it to each other over video call, text or email
6. Brainstorm an activity list of things you both would like to do together in the future
7. Share quotes.. How the quote relates to your life and keeps you motivated/empowered, research the person, etc.
8. Create mindfulness and self-care planning/exercises and SMART goals.
9. Submit your work to a coloring or art contest. Look up art contests and work on something at the same time to either put together at a later time or to submit separately. Try <https://www.samanthasbell.com/art-contests-for-kids/> or the Free Arts Challenge: [@bbbsfreearts](https://www.instagram.com/bbbsfreearts) on Instagram
10. Teach something to each other – dance, talent, trick etc, dance challenge
11. Explore new music or other music/dances from around the world
12. Create vision boards – separately or shared on Google docs
13. Learn a magic trick to share.
14. Learn a new language. Language sprout is offering everything free on Facebook Live including daily story time, free word and activity of the day, group class and private lesson option all online on their FB page: <https://www.facebook.com/languagesprout/>
15. Download fun educational apps that Bigs and Littles work on together or perhaps this could be a resource Bigs share with families?):
 - Duolingo–learning different language
 - DragonBox–Math fun for all levels
 - Quick Maths–Math Fun for grades 2-6
 - Science360–app created by the National Science Foundation to showcase advance science, engineering news images and videos for kids
 - Free Flow–puzzle game
 - Spelling Stage–fun game with words and spelling/vocabulary and reading/writing
16. Write short stories back and forth to each other (virtual or snail mail)
17. Compete against each other in online gaming (PC, PS4, XBox, etc.)

18. Watch TV shows, YouTube videos, or movies together on a video app – debrief, have follow up prompts
19. Watch and listen to Live Streaming of Concerts:
<https://www.timeout.com/newyork/theater/the-best-theater-to-watch-online-today-streaming>
20. Play a board game together online while on video chat or a phone call. There's several sites and apps that work, both paid and free options. <https://en.boardgamearena.com/> (multiple games), <https://lichess.org/> (chess), <https://www.catan.com/game/catan-universe#> (Settlers of Catan), etc. Many titles have online options if you search for "XYZ game" online.
21. Learn how to make simple music together using Soundtrap (www.soundtrap.com). It's a free music interface that only needs a web browser, and allows multiple people to collaborate on the same track. Would work well paired with a video hang out or screen share.
22. Virtually [tour 2500+ museums together](#) via Google Arts & Culture.
23. Come up with a few accomplishable goals you can each achieve at home and have weekly check-ins on progress. For example, books read, becoming a better cook, art projects, fitness goals, etc.
24. Watch a TV show or movie together remotely
 1. Both Netflix or YouTube have full episodes of fun childrens shows
 2. Netflix has an episode of The Magic School Bus, Season 1 Episode 3 "Inside Ralphie" that does a great job of looking at how and why we get sick and the immune system
25. Become Big/Little PENPALS! Exchange letters and postcards with one another. Send Little a letter-writing start-up kit with stationery, stickers and a sheet of postage stamps to get things going. Visit <https://store.usps.com/store/home> to purchase postage stamps online.
26. Learn a new language together using free [Duolingo](#) then speak to each other over the phone using your new language skills
27. Bigs could "mail drop" a care package for Littles, including small notes, activities, coloring books or how-to books in their family's mailbox or mail slot at home. (This would allow digital-free contact while maintaining social distancing guidelines.)
28. Start a book club
 0. Stream or read books for free at [Mrs. P Showcase](#)
 1. Call and discuss book together
29. Use the [Covid 19 comic](#) and talk about what you CAN do to stay healthy

30. Do fun activities and use mindfulness tools. [Virtual Hope Box](#) offers sections like: Distract Me, Inspire Me, Relax Me, and Coping Tools. Put photos, videos, messages from loved ones, inspirational quotes, and music in your Hope Box. Move through different sections together.
31. **Send BBBS the list of ways YOU can connect remotely with your match. We will keep an ongoing list to share with other matches who may benefit from your ideas!**
32. Create a “Fortune Teller” or “Cootie Catcher” using a simple pattern.
33. Take the are you a “Good Friend Quiz”?
34. Learn some yoga moves and create a 15 minute yoga routine.
35. Take a survival skills quiz
36. Practice tongue twisters.
37. [Watch a Broadway Musical online.](#)
38. [Take a virtual field trip.](#)
39. [Watch a lesson from an Indigenous educator.](#)
40. [Listen to a Spanish children’s story together.](#)
41. [Choose an article](#) from Teaching Tolerance to read and discuss.
42. Watch an [Educational Show](#) on Netflix and discuss.
43. Interview your Big about college or their career choice.
44. BBBS Match Connection activity Bingo. Do 5 activities to earn a Bingo!