

# APART BUT TOGETHER ACTIVITIES

While you and your Little may be apart, the staff at Big Brothers Big Sisters of Mid-Maine wants to provide you with ideas on how you can stay connected. This may be a very lonely, scary time for your Little, and as a Big, you can provide support and keep your relationship growing.

## SCHOOL | SITE BASED PROGRAM

- Write letters to your Little
- Make personalized cards for your Little
- Make your Little a bracelet or a special craft (*e.g. drawing, a knitted/crocheted item*)

These items can be given to your Little when you come back together. While you're away, send a picture of the letter/card/craft to your Match Support Specialist and they'll send an image to the guardian.

## COMMUNITY BASED PROGRAM

- 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

**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."**

**#BiggerTogether**