



*In lieu of in-person activities, **Big Brothers Big Sisters of Essex, Hudson, and Union Counties** would like to offer our families resources and some great ideas for match interactions, communication, and FUN. Our agency will offer weekly updates and resources for our families and matches. Try them out and let us know your favorites. If you have a specific need, please do not hesitate to reach out to your Match Support Specialist. **Our agency is here to support. Thank You!***

## **BIG and LITTLE Fun ... Virtually!**

### **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/or their Guardian and come up with a plan for how you two can best stay in open communication with each other during this time.

- **Phone, Skype, Zoom, or Facetime, anyone?** Keep in touch with a call or video-chat that could be anywhere from a five-minute check-in to an hour-long conversation! This will brighten your Little's day.
- **Become Pen Pals:** Write your Little a letter (or email) about what you have been doing to entertain yourself during this time of social distancing. Share your favorite kid-friendly shows, books, recipes, and things you have learned.



### **HOW TO TALK TO YOUR LITTLE/CHILD ABOUT COVID-19**

This pandemic can feel overwhelming, and there are chances that your Little or child is feeling overwhelmed and scared by the many rapid changes that have been happening in the past weeks. Reach out to your Little and reassure them that you are here for them and will support them. For helpful resources on **how to talk to your Little** about the COVID-19 pandemic, see below:

- **NPR: Just For Kids: A Comic Exploring The New Coronavirus:**  
<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>
- **(CDC) Centers for Disease Control and Disease: Talking with children about Coronavirus Disease**  
<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>

### **BIG AND LITTLE FUN ACTIVITES**

As you continue to **build and strengthen your relationship with your Little**, here are a few activities that can be done easily from remote locations. Each week we will offer resources, ideas, and links to educational and fun activities our matches can explore together.

## VIRTUAL BOOK CLUB



Pick out a **book** you can both read and set up calls discussing the book together. Visit the links below to get started:

- **New York Public Library** offering over 300,000 books online. <https://www.nypl.org/books-music-movies/ebookcentral>
- **Audible** <https://stories.audible.com/start-listen>
- **Jersey City Library** <https://www.jclibrary.org/digital-services>
- **Newark Public Library** <https://npl.org/>

## MOVIE AND DISCUSSION

Grab your favorite snacks and **watch a movie**. You and your Little can choose a **movie** (age appropriate) to watch and then have follow-up discussions about it. Discuss your favorite characters and lessons learned from the movie. Here are a few recommendations:



- **He Named Me Malala (PG13)**: This film about Nobel Prize-winning Pakistani teen Malala Yousafzai. It introduces viewers to the inspiring role model, including her speech to the UN.
- **Just Mercy (PG13)**: World-renowned civil rights defense attorney Bryan Stevenson works to free a wrongly condemned death row prisoner.
- **Disney Pixar "Coco" (PG)**: A tribute to family and culture.
- **Wonder (PG)**: Based on the New York Times bestseller, this movie tells the incredibly inspiring and heartwarming story of August Pullman, a boy with facial differences who enters the fifth grade, attending a mainstream elementary school for the first time.



## MUSEUM VIRTUAL TOUR

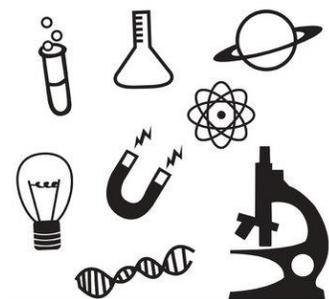
Expose your Little to the world of **art and history**. Visit a museum! Many are offering free virtual tours, exhibits, live presentations, new videos, and activities to try from home. Below are a few to get you started:

- **New England Aquarium** <https://www.neaq.org/visit/at-home-events-and-activities/>
- **Intrepid Sea, Air, & Space Museum Complex** <https://www.intrepidmuseum.org/>
- **Travel and Leisure** <https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>

## EDUCATIONAL PROJECTS

Our Guardians and Bigs are looking to offer their child/Little some **educational activities** that can be easily accessed remotely. We have found some great ideas which can capture the interest of different ages.

- **Girls Who Code** offering different levels of difficulty and featuring of a woman in technology who pioneered the innovative technology. Link: <https://girlswhocode.com/code-at-home/>
- **41 Classic Science Experiments for Kids** Link: <https://redtri.com/classic-science-experiments/slide/15>
- **28 Days of STEM Activities and STEAM Activities for Kids** Link: <https://leftbraincraftbrain.com/easy-awesome-science-projects-for-kids/>
- **Scholastics** offers day-by-day projects to keep kids reading, thinking, growing, and learning at home. Link: <http://scholastic.com/learnathome>



For additional information, follow us on social media:

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