

APART BUT TOGETHER ACTIVITIES | Big Brothers Big Sisters. OF THE TEXAS PANHANDLE

While you and your Little may be apart, the staff at Big Brothers Big Sisters of the Texas Panhandle 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 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 delivered 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!



- Watch the same movie or show and talk about your favorite parts.

- Netflix Party



- Email one another
- Read a book together and discuss it
- 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."

Need more ideas or have ideas to share, please join our Facebook Group and share with other BIGs.

PANHANDLE BIGS GROUP