

NEW WAYS TO CONNECT



While you and your Little may be apart, the staff at Big Brothers Big Sisters of Alaska want to provide you with ideas on how you can stay connected. This may be a lonely, scary time for your Little, and as a Big, you can provide support and keep your relationship growing. Share your ideas with us at info@bbbsak.org.

Facetime



Phone Calls



Text Messages



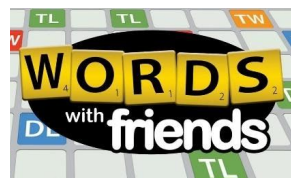
MessengerKids



WhatsApp



Connect through a fun 'app' game on your phone/tablet.
This could include checkers, chess, or cards!



- Email one another. Create a story, take turns adding parts!
- Become pen pals! Send your Little a letter and some stamps, and they can write you back.
- 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, like reading, art, or math.
- Start each conversation with what you're grateful for and what brought you joy, and what you're doing to find the good each day.
- Create a list of future outing ideas to look forward to!
- Check out the [Search Institute's Checklist](#) on Building Developmental Relationships during the COVID-19 Crisis.

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."

Contact your Match Support Specialist about any needs that arise. We're here to support you as you support your Little!