

**Stay informed.
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[www.CDC.gov/
coronavirus](http://www.CDC.gov/coronavirus)
for the latest
updates and safety
guidelines**

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.” Seek to understand their fears rather than dismissing them.

CONNECTING WITH YOUR LITTLE REMOTELY

While you and your Little may be apart, the staff at Big Brothers Big Sisters of Metro Atlanta wants to provide you with ideas on how you can stay connected. This time of uncertainty and change can be lonely or scary for your Little, and as a Big, you can provide support and keep your relationship growing. Connect with your Little's parent or guardian about how you and your Little will communicate remotely during this time; be sure to include your Little in the decision-making too to ensure follow-through.

Connect via

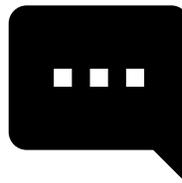
- Text Messages
- FaceTime/Skype
- Email
- Phone Calls
- Marco Polo



Play a game on your phone or tablet together, like

- Checkers
- Cards
- Words with Friends
- DrawSomething

- Read a book together and discuss
 - For younger Littles, this can be done together over the phone,
 - For older Littles you can each read on your own time and discuss later
- 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 to look forward to
- Email Story Swap: Big and Little start writing a story and take turns adding to it.
- Make your family trees and share them with each other
- Play virtual charades
- Solve some mysteries: write down a list of 10 things you with you knew and spend time researching those topics together (why is the sky blue, how does a car work, etc.)



To let your Little know you're thinking about them...

- 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)

[FOR MORE INFORMATION, VISIT BBBSATL.ORG](http://BBBSATL.ORG)