

# NEW MATCH VIRTUAL OUTINGS

Congratulations on your new match! We are thrilled that you have decided to **opt in for connection** during a time of social distancing. We understand that starting a new match off through a virtual platform can potentially feel awkward, so we've developed a template of conversation prompts to help you begin getting to know one another.

**How to Use:** The first three months of suggested conversations and activities in your match are outlined below. You'll notice that we've designed this template to follow a natural progression beginning with getting to know one another, discussing your different experiences, and goal setting for the future. **We strongly recommend spending a minimum of 10-15 minutes each week**, talking about the prompts below. Bigs and Littles should take turns leading the conversation each week and always make sure to check in with each other. Be sure to make space to talk about and express feelings.

**Note:** Keep in mind that this is intended to be a **helpful guide** and is not required in your match. If you and your Little prefer to come up with your own conversation topics and activities, go for it! Take what works for you and leave the rest.

## MONTH 1: GETTING TO KNOW YOU

**Goal |** The goal for this month is to get to know your new Little/Big by learning about their family, friends, likes/dislikes, hobbies, and favorite things, etc.

**Instructions:** Each week review the prompt and have a conversation. Try one of the suggested activities or come up with your own. Try to think out of the box!

**Week 1:** Review Ice Breaker from Match Meeting. What did you have in common?

- a) Go Deeper. If you both like Pop music, what are your favorite songs? If you both like to eat Italian food, what are your favorite dishes or restaurants?
- b) Check in. Use colors to describe your mood using the prompt, "the color \_\_\_\_\_ represents my mood for the day because..." This can help your Little express their feelings in a creative way.

**Week 2:** Talk with your Little about their family.

- a) Who lives with your Little at home? What do they like to do as a family? Do they have any pets? What does your Little do in their free time at home? What are your Little's favorite games to play with their siblings or family members?
- b) Check in. See if you can come up with an adjective starting with the same letter as your name that describes how you are feeling! (Ex. Sassy Sarah or Restless Richard)
- c) Homework: take a 1 minute video of yourself saying hi to your Little or Big. Tell them what you did that day and how you are feeling.

**Week 3:** Show and Tell.

- a) Grab an item from your house and tell your Little/Big about it. Examples - your favorite book to read, something you got when you went on vacation, or a piece of artwork you made, etc.
- b) Check in. On a scale of 1-10, 1 being terrible and 10 being absolutely amazing, how are you feeling today or how have you been feeling all week?
- c) Homework: To continue getting to know each other, record a 30 second video of you doing something that makes you smile (ex. Dancing, eating, walking outside, etc.) and share this video with your Big/Little!

**Week 4:** Talk about your friendships.

- a) Use these prompts to learn more about your Little's friendships and share about your own:
  - i. Do you get to talk with your friends from school while you're at home? How are your friends feeling about not being at school? How do you feel about it?
  - ii. Are you still friends with any friends from when you were in 1st grade? If so, did you think you would be friends with them now? What new friends have you made?
  - iii. What makes someone a good friend? Have you ever had to stop being friends with someone? How did you handle that?
- b) Check in. Each of you share one high from your week and one low from your week (Ex. my low is that it rained so I couldn't play outside, but my high is that I finished all my school work for the week and got to watch my favorite movie with my mom).

## MONTH 2: CONNECTIONS

**Goal |** This month's goal is to learn about each other's experiences and talk about the importance of staying active, creative, and connected during this time.

**Instructions:** Each week review the prompt and have a conversation. Try one of the suggested activities or come up with your own. Try to think out of the box!

**Week 5:** [Travel to the San Diego Zoo](#)

- a) Learn new animal facts and watch live videos of animals at the zoo.
- b) Check in. Pick one animal to describe your mood and explain why.

**Week 6:** Staying Active

- a) Talk with your Little about how to stay active while being stuck at home. Get up and do an active activity together. (Ex. learn a Tik Tok dance together, turn up the music and have a dance party, search YouTube for a Just Dance video you can follow along with)
- b) Check in. What song describes how you are feeling this week?

- c) Homework: Send a 1-2 minute video of yourself dancing to your favorite song to your Big/Little this week.

**Week 7:** Get creative.

- a) Getting creative can mean so many things from making art or crafts, to building a science experiment, to coming up with a new solution to a potential problem.
- b) Do something creative together! Here are some examples:
  - i. Create beautiful works of art with these [virtual Disney coloring pages](#)
  - ii. Take a virtual tour of a world famous art museum - [The Louvre](#)
  - iii. Use the [Chrome Music Lab](#) to create a song together
- c) Check In. What word describes your mood today? Now use a [Thesaurus](#) to get creative to find another word that has a similar meaning.

**Week 8:** Scavenger Hunt

- a) With your Little, come with three categories of things to take photos of. Get creative! (ex. something green, something important to you and something cold)
  - i. Show each other your photos
  - ii. Use the objects to become a 'character' and play the character for the rest of the meeting.
- b) Check In. Ask your Little what is something that they'd like to challenge you to do for the next outing (ex. Trying one of little's hobbies or doing a crazy hair day or wearing something of your favorite sport's team)

## MONTH 3: FUTURE FOCUS

**Goal |** This month's goal is to think into the future, both about activities you want to do together and in goals you want to set.

**Week 9:** Career Interests

- a) Talk with your Little about what they want to be when they grow up/what they want to study. Share what you currently do in your job or what you studied in school.
- b) Brainstorm an in-person activity relating to this job that could help Little explore their career interests.

**Week 10:** Current Events

- a) We are living in an unprecedented time! Read an article about current events and discuss. What positive or uplifting news can you find?
- b) Homework: Check in on someone else that you haven't spoken to in a while to see how they are doing.

**Week 11:** Virtual Volunteering

- a) What ways can we help our community? Discuss what might have changed in your family or community. What are ways to help, show kindness, and get engaged in the Atlanta community?
- b) Homework: Practice at least one small act of kindness this week.

**Week 12:** Goal Setting

- a) Talk with your Little about setting goals for the next week, month, or for the remainder of the summer. Help them narrow down ideas they have to goals that are manageable.
- b) Check In. As you think about transitioning to in-person meetings talk about - things you are excited for and things you may be nervous for.