



Big Brothers Big Sisters.
OF ATLANTIC & CAPE MAY COUNTIES



WEEKLY PROGRAM NEWSLETTER // WEEK 27: SEPTEMBER 28

We'll be sharing fun and creative ideas for keeping in touch! To ensure that everyone is comfortable with how our Bigs and Littles are interacting virtually, parent/guardian permission must be received before contact.

CONVERSATION STARTERS



Don't Forget! Register for the FREE Power Up Program

Power Up is a free virtual program open to all students in Atlantic and Cape May Counties that is a fun and engaging way to keep kids connected and supported during the pandemic.

► <http://www.bbbsatlanticcape.org/programs/power-up/>

ACTIVITY IDEAS



25 Fun Apple Snacks to Make at Home

Apples are delicious and nutritious and there are so many fun ways to eat them! Set up a video call with your Little and put your cooking skills to the test with these recipes.

► <https://simpleasthatblog.com/25-fun-apple-snacks/>



Pick-Your-Own Apples or Pumpkins

Scroll through this list to find the farm closest to you. Be sure to check with your Match Support Specialist and sign the waiver before any in-person meetings.

► <https://pickyourown.farm/farms/new-jersey-nj/>

RESOURCES

Stockton's Virtual Homework Help Program for K-12 Students ► <https://www.stockton.edu/engagement/>

Flu and COVID-19: Similarities and Differences ► <https://www.cdc.gov/flu/symptoms/flu-vs-covid19.htm>

QUESTIONS? Contact Your Match Support Specialist

Suzanne Leichtnam: sleichtnam@bbbsatlanticcape.org

Peggy McGann: pmcgann@bbbsatlanticcape.org

Ed Worton: eworton@bbbsatlanticcape.org



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WEEKLY PROGRAM NEWSLETTER // WEEK 26: SEPTEMBER 21

We'll be sharing fun and creative ideas for keeping in touch! To ensure that everyone is comfortable with how our Bigs and Littles are interacting virtually, parent/guardian permission must be received before contact.

CONVERSATION STARTERS



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ACTIVITY IDEAS



Pumpkin Carving

Get in the Halloween spirit with some pumpkin carving! Be sure to check with your Match Support Specialist and sign the waiver before any in-person meetings.

► <https://www.dltk-holidays.com/halloween/mpatterns.htm>



Halloween Crafts at Home

There are lots of fun ways to celebrate fall with your Little while social distancing! Pick out a few of these crafts to do together over a video call.

► <https://www.countryliving.com/diy-crafts/g2542/fall-crafts-for-kids/>

RESOURCES

APPLY NOW! Childcare Assistance for School-Age Children ► <https://www.childcarenj.gov/COVID19>

Student Life in a Pandemic Virtual Conversation, 9/23 & 10/14, 7pm on Zoom ► Email ssimon@jfsatlantic.org

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WEEKLY PROGRAM NEWSLETTER // WEEK 25: SEPTEMBER 14

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CONVERSATION STARTERS



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► <http://www.bbbsatlanticcape.org/programs/power-up/>

ACTIVITY IDEAS



Outdoor Explorer Bingo

Use this printable card while taking a walk and see who gets Bingo first! Be sure to check with your Match Support Specialist and sign the waiver before any in-person meetings.

► <https://www.pbs.org/parents/printables/outdoor-explorer-bingo>



Explore the Franklin Institute at Home

There are still plenty of activities you can do with your Little virtually! Conduct a science experiment, tour the giant heart, or even do a live chat with an astronomer together!

► <https://www.fi.edu/franklin-at-home>

RESOURCES

Free Homework Help ► <https://www.familyeducation.com/school/top-10-free-homework-help-websites>

Attend Virtual School at AC Boys & Girls Club ► <https://www.facebook.com/acbgc/posts/3651141604917158>

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WEEKLY PROGRAM NEWSLETTER // WEEK 23: AUGUST 31

We'll be sharing fun and creative ideas for keeping in touch! To ensure that everyone is comfortable with how our Bigs and Littles are interacting virtually, parent/guardian permission must be received before contact.

CONVERSATION STARTERS



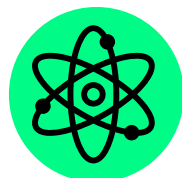
Register Now: FREE Power Up Program

Power Up is a free virtual program open to all students in Atlantic and Cape May Counties that is a fun and engaging way to keep kids connected and supported during the pandemic.

► <http://www.bbbsatlanticcape.org/programs/power-up/>

ACTIVITY IDEAS

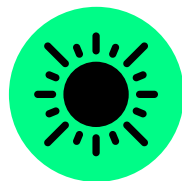
We will be pausing our weekly virtual Sports Buddies activities for the moment as we transition to the new school year. Keep an eye out for more fun activities coming this fall!



4-H At Home Activities

So many activities, so little time! Search through hundreds of educational activities for kids in topics like STEM, healthy living, and crafting, including step-by-step videos and more.

► <https://4-h.org/about/4-h-at-home/>



FREE Mindfulness Classes for Kids

Take a restful break with your Little as you both enjoy 30 minutes of mindfulness. The classes are interactive activities for kids focusing on mindful eating, movement, and more.

► <https://www.mindfulschools.org/free-online-mindfulness-class-for-kids/>

RESOURCES

FREE Backpacks and School Supplies ► Coordinate pickup with your Match Support Specialist

Learn About Google Classroom and Educational Resources ► <https://teachfromanywhere.google/intl/en/>

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WEEKLY PROGRAM NEWSLETTER // WEEK 22: AUGUST 24

We'll be sharing fun and creative ideas for keeping in touch! To ensure that everyone is comfortable with how our Bigs and Littles are interacting virtually, parent/guardian permission must be received before contact.

CONVERSATION STARTERS



Don't Forget! Take a Quick Survey

We want your input! Please take our very short 5 question survey and let us know your preferences for newsletter topics and timing for our virtual events.

► <https://forms.gle/6EGpg5Q9skW5SSi4A>

ACTIVITY IDEAS



BBBS Talent Show THIS Saturday!

Encourage your Little to show off their special talents during the BBBS Talent Show! All matches are invited to join us for a Zoom video call this Saturday, August 29 at 11am.

► Contact Peggy (pmcgann@bbbsatlanticcape.org) for the link and password.



Coding Programs for Kids

Learning how to build simple websites and games helps kids refine their design, logic, and problem-solving abilities. It also lets them express ideas and creativity in unique ways.

► <https://mommypoppins.com/coding-kids-free-websites-teach-learn-programming>

RESOURCES

Cape May County School Supplies Drive on Wednesday, August 26 ► <https://tinyurl.com/CMCSchoolSupplies>

Atlantic County School Supplies Drive on Monday, August 31 ► <https://tinyurl.com/ACSchoolSupplies>

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WEEKLY PROGRAM NEWSLETTER // WEEK 21: AUGUST 17

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CONVERSATION STARTERS



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► <https://forms.gle/6EGpg5Q9skW5SSi4A>

ACTIVITY IDEAS



Cooking with Ed for Sports Buddies

Back by popular demand - Follow along while Ed makes healthy snacks! All matches are invited to join us for a Zoom video call this Saturday, August 22 at noon.

► Contact Ed (eworton@bbbsatlanticcape.org) for the link and password.



BBBS Talent Show!

Encourage your Little to show off their special talents during the BBBS Talent Show! All matches are invited to join us for a Zoom video call on Saturday, August 29 at 11am.

► Contact Peggy (pmcgann@bbbsatlanticcape.org) for the link and password.

RESOURCES

Virtual Town Hall on August 19: Preparing for Back to School ► <https://tinyurl.com/CHOPBackToSchool>

Atlantic County Emergency Food Distribution on August 26 ► <https://tinyurl.com/AtlanticCountyFood>

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WEEKLY PROGRAM NEWSLETTER // WEEK 20: AUGUST 10

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CONVERSATION STARTERS



Kid's Sadness About COVID-19 May Not Look Like Sadness

Children's sadness is often covered by anger, frustration, boredom, or acting-out behaviors. They're dealing with tough changes in every part of their lives and absorbing what we're feeling too, so be sure to check in with your Little and support them however you can.

► <https://tinyurl.com/kidssadness>

ACTIVITY IDEAS



Would You Rather Fitness Workout with Sports Buddies

Voice your choice during this upbeat physical game where you get to decide our workout! All matches are invited to join us for a Zoom video call this Saturday, August 15 at 10am.

► Contact Suzanne (sleichtnam@bbbsatlanticcape.org) for the link and password.



BBBS Talent Show!

Encourage your Little to show off their special talents during the BBBS Talent Show! All matches are invited to join us for a Zoom video call on Saturday, August 29 at 11am.

► Contact Peggy (pmcgann@bbbsatlanticcape.org) for the link and password.

RESOURCES

Atlantic County Schools Reopening Plans ► <https://tinyurl.com/acschoolsplan>

Cape May County Schools Reopening Plans ► <https://tinyurl.com/cmschoolsplan>

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WEEKLY PROGRAM NEWSLETTER // WEEK 19: AUGUST 3

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CONVERSATION STARTERS



Chatty Hour is Taking a Break

We will have our last scheduled Chatty Hour this Wednesday, August 5 from 6:30-7:30pm. Moving forward, we can facilitate a Zoom call for your match at a time that works for you!

► Contact your Match Support Specialist for the Zoom link and password.

ACTIVITY IDEAS



Fun and Games with Sports Buddies

Test your knowledge of all things Disney during this game of Disney Trivia. All matches are invited to join us for a Zoom video call this Sunday, August 9 at noon.

► Contact Peggy (pmcgann@bbbsatlanticcape.org) for the link and password.



Stargazing at Home

You'll have the whole universe in the palm of your hand! Have a stargazing night with your Little over the phone. Take turns picking a star or constellation for the other to find!

► <https://astrobackyard.com/astromy-apps-for-stargazing/>

RESOURCES

Atlantic City Free Public Library Kids Events ► <https://acfpl.libguides.com/c.php?g=1026228&p=7485430>

Shore Family Success Center Events & Resources ► <https://www.facebook.com/ShoreFamilySuccessCenter>

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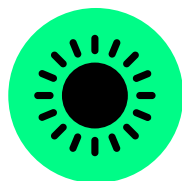
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WEEKLY PROGRAM NEWSLETTER // WEEK 18: JULY 27

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CONVERSATION STARTERS



Summer Safety Tips for Kids

Make summer smart with these tips to keep children healthy and happy! Talk with your Little about making safety a top priority while they're enjoying summertime activities.

► <https://www.childrens.com/health-wellness/10-summer-safety-tips-for-kids>

ACTIVITY IDEAS



This Sunday: Yoga with Sports Buddies

Stretch your body and center your mind with an hour of simple yet challenging yoga. All matches are invited to join us for a Zoom video call this Sunday, August 2 at noon.

► Contact Ed (eworton@bbbsatlanticcape.org) for the link and password.



Home Depot Kids Workshop Kits

Since Home Depot stores aren't currently hosting their free monthly kids workshops, they may have extra kits on hand. Check at the Customer Service desk for availability.

Home Depot Locations ► <https://www.homedepot.com/l/>

RESOURCES

NJ Resources and assistance available during the pandemic ► <https://tinyurl.com/NJCovidHelp>

One-hour video lessons for grades 3-6 ► <https://www.njtvonline.org/programs/njtv-learning-live/>

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WEEKLY PROGRAM NEWSLETTER // WEEK 17: JULY 20

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CONVERSATION STARTERS



40 Best Riddles For Kids

Some riddles are easy and some might have you scratching your head! Work together with your Little to see how many you can solve. It will surely get the conversation flowing!

► <https://www.scarymommy.com/best-riddles-for-kids/>

ACTIVITY IDEAS



Spiderman Workout and Game with Sports Buddies

This popular activity is back! Summon your Spidey senses for this combination of fun! All matches are invited to join us for a Zoom video call this Saturday, July 25 at 10am.

► Contact Suzanne (sleichtnam@bbbsatlanticcape.org) for the link and password.



Explore the Ocean

Check out a coral reef or search for manatees, sharks and penguins while on a video call with your Little! These 10 ocean webcams give a glimpse into the underwater world.

► <https://ocean.si.edu/human-connections/exploration/get-your-ocean-fix-home>

RESOURCES

A one-stop resource for programs and services for individuals and families ► <https://www.njhelps.org/>

A confidential and anonymous helpline for youth and young adults in NJ ► <https://www.2ndfloor.org/>

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WEEKLY PROGRAM NEWSLETTER // WEEK 16: JULY 13

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CONVERSATION STARTERS



New Time for Chatty Hour! Wednesdays at 6:30pm

Coordinating schedules is tough, especially as more things reopen and people return to work. To make it easier to keep in touch, Chatty Hour is now 6:30-7:30pm on Wednesdays!

► Contact your Match Support Specialist for the Zoom link and password.

ACTIVITY IDEAS



Fun and Games with Sports Buddies

BINGO!!! You won't want to miss the virtual version of this tried and true classic game. All matches are invited to join us for a Zoom video call this Saturday, July 18 at 11am.

► Contact Peggy (pmcgann@bbbsatlanticcape.org) for the link and password.



Top Chef Challenge

Grab your chef hat and apron and head to the kitchen! Pick a recipe to make at the same time while on a video call. It's always a good time to practice cooking and baking skills!

► <https://www.americastestkitchen.com/kids/home>

RESOURCES

Atlantic City Electric Bill Assistance Funding ► <https://njpoweron.org/other-programs/ace-helping-hands/>

Low-Income Energy Assistance Programs ► <https://www.nj.gov/dca/divisions/dhcr/offices/energy.html>

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WEEKLY PROGRAM NEWSLETTER // WEEK 15: JULY 6

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CONVERSATION STARTERS



Zoom Calls for Matches

Haven't been able to make our weekly Chatty Hours or Sports Buddies activities? We'd be happy to help facilitate a special Zoom call for your match at a time that works for you!

▶ Contact your Match Support Specialist and they'll set up a Zoom call for you.

ACTIVITY IDEAS



Science Experiments with Sports Buddies

Calling all mad scientists! Be sure to RSVP early so you can get the list of ingredients. All matches are invited to join us for a Zoom video call this Saturday, July 11 at 11am.

▶ Contact Ed (eworton@bbbsatlanticcape.org) for the link and password.



Fun with the Philadelphia Phillies

There's storytime with the Phanatic, a free Summer Slugger baseball-themed educational program you can work on with your Little, and you can even design your own baseball card!

▶ <https://www.mlb.com/phillies/fans/kids/activities>

RESOURCES

Vote in the Primary Election on July 7 ▶ <https://nj.gov/state/elections/primary-election-070720.shtml>

Rutgers Wellness Wednesdays ▶ <https://njaes.rutgers.edu/online-event-series/wellness-wednesdays.php>

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WEEKLY PROGRAM NEWSLETTER // WEEK 14: JUNE 29

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CONVERSATION STARTERS



Join us for Chatty Hour on Wednesdays

Miss seeing your Big or Little? We can fix that! We're facilitating weekly Zoom meetings for matches 4-5pm on Wednesdays. Log on and you'll have your own "room" to chat!

► Contact your Match Support Specialist for the Zoom link and password.

ACTIVITY IDEAS



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Calling all mad scientists! Be sure to RSVP early so you can get the list of ingredients. All matches are invited to join us for a Zoom video call next Saturday, July 11 at 11am.

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Learn a New Language

Hola! Ciao! Bonjour! Learning a new language is always a great skill to have and can be even more fun when learning together. This service is FREE which is even better!

► <https://www.duolingo.com/>

RESOURCES

Census determines funding for families in need ► <https://2020census.gov/en/community-impact.html>

Tax deadline is Wednesday, July 15 ► <https://www.state.nj.us/treasury/taxation/njit17.shtml>

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WEEKLY PROGRAM NEWSLETTER // WEEK 13: JUNE 22

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CONVERSATION STARTERS



Bigger Together: Facebook Group for Community-Based Bigs

Don't forget! Join other Community-Based Bigs in our Bigger Together Group on Facebook. Share outing ideas, seek/offer advice and celebrate successes you've had with your Little!

► <https://www.facebook.com/groups/biggertogether>

ACTIVITY IDEAS



Would You Rather Fitness Workout with Sports Buddies

Voice your choice during this upbeat physical game where you get to decide our workout! All matches are invited to join us for a Zoom video call this Saturday, June 27 at 10am.

► Contact Suzanne (sleichtnam@bbbsatlanticcape.org) for the link and password.



Rock out at a Concert

Classical, country, rock or jazz – this list has it all! Pick a show and sit in your yards while chatting on the phone or a video call for the full "lawn seats" concert experience!

► <https://www.npr.org/2020/03/17/816504058/a-list-of-live-virtual-concerts-to-watch-during-the-coronavirus-shutdown>

RESOURCES

Good Housekeeping: Virtual Summer Camps ► <https://tinyurl.com/ghvirtualsummercamps>

New York Times: Summer Camp at Home Ideas ► <https://tinyurl.com/nytsummercampathome>

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WEEKLY PROGRAM NEWSLETTER // WEEK 12: JUNE 15

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CONVERSATION STARTERS



Bigger Together: Facebook Group for Community-Based Bigs

Join other Community-Based Bigs in our new Bigger Together Group on Facebook! Share fun outing ideas, seek/offer advice and celebrate successes you've had with your Little!

► <https://www.facebook.com/groups/biggertogether>

ACTIVITY IDEAS



Fun and Games with Sports Buddies

Challenge your brains and brawn with an hour of exciting games and activities. All matches are invited to join us for a Zoom video call this Saturday, June 20 at 11am.

► Contact Peggy (pmcgann@bbbsatlanticcape.org) for the link and password.



Cirque du Soleil

For the first time ever, Cirque du Soleil is sharing a 60-minute special that celebrates three fan-favorite shows! Sync up your videos, grab some popcorn and watch together!

► <https://www.cirquedusoleil.com/cirqueconnect>

RESOURCES

New Jersey enters Stage Two of reopening on June 15 ► <https://covid19.nj.gov/pages/reopen>

CDC Tips ► <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/deciding-to-go-out.html>

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WEEKLY PROGRAM NEWSLETTER // WEEK 11: JUNE 8

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CONVERSATION STARTERS



Talking About Racial Injustice

As mentors, your Littles may look to you for help understanding the protests and riots in the news currently. This article can help guide you through this important conversation.

► <http://www.pbs.org/parents/thrive/how-to-talk-honestly-with-children-about-racism>

ACTIVITY IDEAS



Dance Cardio with Sports Buddies

Get out of your seat and move your feet to the beat! Ed will be leading us in dance cardio. All matches are invited to join us for a Zoom video call this Saturday, June 13 at 11am.

► Contact Ed (eworton@bbbsatlanticcape.org) for the link and password.



Celebrity Storytime

Sit back, relax, and let Oprah, Kristen Bell, or James Earl Jones read you a story! Connect with your Big or Little over Facetime or Zoom and select a few stories to "read" together!

► <https://www.youtube.com/user/StorylineOnline/videos>

RESOURCES

Find free/reduced cost services like medical care, food, job training, etc. ► <https://www.auntbertha.com>

FREE Summer Meals for Children & Teens (Mon/Wed/Fri) ► <https://www.surveymonkey.com/r/2020meals>

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WEEKLY PROGRAM NEWSLETTER // WEEK 10: JUNE 1

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CONVERSATION STARTERS



Join us for Chatty Hour on Wednesdays

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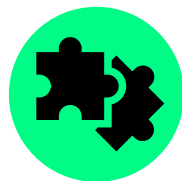
ACTIVITY IDEAS



Spiderman Workout and Game with Sports Buddies

Summon your Spidey senses for this combination of fun! All matches are invited to join us for a Zoom video call this Saturday, June 6 at 10am.

▶ Contact Suzanne (sleichtnam@bbbsatlanticcape.org) for the link and password.



Get Puzzling!

Many puzzles are sold out these days, but there are plenty of online puzzle options! Choose the "private" setting and work together with your Big or Little while chatting on the phone.

▶ <https://www.simplemost.com/put-together-virtual-puzzles-with-your-friends/>

RESOURCES

NJ Tenant Rights, Laws and Protections ▶ https://www.hud.gov/states/new_jersey/renting/tenantrights

Utilities Suspended Service Shutoffs ▶ <https://www.nj.gov/bpu/newsroom/2020/approved/20200313.html>

QUESTIONS? Contact Your Match Support Specialist

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Ed Worton: eworton@bbbsatlanticcape.org



Big Brothers Big Sisters.
OF ATLANTIC & CAPE MAY COUNTIES



WEEKLY PROGRAM NEWSLETTER // WEEK 9: MAY 25

We'll be sharing fun and creative ideas for keeping in touch! To ensure that everyone is comfortable with how our Bigs and Littles are interacting virtually, parent/guardian permission must be received before contact.

CONVERSATION STARTERS



Conversation Topics Generator

Stuck on what to say? Starting the conversation is as easy as clicking a button! Use this app to generate random topics and questions and take turns giving your answers.

► <https://www.conversationstarters.com/generator.php>

ACTIVITY IDEAS



Fun and Games with Sports Buddies

Challenge your brains and brawn with an hour of exciting games and activities. All matches are invited to join us for a Zoom video call next Tuesday, June 2 from 6-7pm.

► Contact Peggy (pmcgann@bbbsatlanticcape.org) for the link and password.



Virtual Field Trips

Explore Stonehenge, the Titanic wreckage on the ocean floor and even the surface of Mars! Pick a new field trip to "go on" each week, without even leaving your house!

► <https://freedomhomeschooling.com/virtual-field-trips/>

RESOURCES

Parenting During a Pandemic Workshop this Friday, May 29 being offered at two different times on Zoom

2:30-4:00pm Workshop Registration ► <http://www.capeassist.org/parents1>

7:00-8:30pm Workshop Registration ► <http://www.capeassist.org/parents2>

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WEEKLY PROGRAM NEWSLETTER // WEEK 8: MAY 18

We'll be sharing fun and creative ideas for keeping in touch! To ensure that everyone is comfortable with how our Bigs and Littles are interacting virtually, parent/guardian permission must be received before contact.

CONVERSATION STARTERS



NEW! Join us for Chatty Hour on Wednesdays

Miss seeing your Big or Little? We can fix that! We're facilitating weekly Zoom meetings for matches 4-5pm on Wednesdays. Log on and you'll have your own "room" to chat!

► Contact your Match Support Specialist for the Zoom link and password.

ACTIVITY IDEAS



Cooking with Ed for Sports Buddies

Follow along while Ed makes a healthy recipe! This week we'll be making delicious salads. All matches are invited to join us for a Zoom video call this Saturday, May 23 at 11am.

► Contact Ed (eworton@bbbsatlanticcape.org) for the link and password.



Explore National Parks Together

From Yellowstone to the Grand Canyon, there's so much natural beauty to explore right from your couch! Take turns picking parks to check out while chatting on the phone.

► <https://www.insider.com/national-parks-america-virtual-tours-3d-visit-2020-3>

RESOURCES

State of New Jersey COVID-19 Jobs and Hiring Portal ► <https://jobs.covid19.nj.gov/>

NJ Department of Children and Families COVID-19 Resources ► <https://www.nj.gov/dcf/coronavirus.html>

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WEEKLY PROGRAM NEWSLETTER // WEEK 7: MAY 11

We'll be sharing fun and creative ideas for keeping in touch! To ensure that everyone is comfortable with how our Bigs and Littles are interacting virtually, parent/guardian permission must be received before contact.

CONVERSATION STARTERS



Create Your Own Comic

Create your avatars, write some captions and craft your own comic. Take turns creating different storylines while enjoying Pixton's free one week trial.

► <https://www.pixton.com/>

ACTIVITY IDEAS



Cardio Drumming with Sports Buddies

We'll rock out while getting your heart pumping! Just grab wooden spoons and a pillow! All matches are invited to join us for a Zoom video call this Saturday, May 16 at 10am.

► Contact Suzanne (sleichtnam@bbbsatlanticcape.org) for the link and password.



Watch "Together" with Netflix Party

Don't forget the popcorn! Netflix Party syncs up your video streaming and includes a chat function so you can keep in touch while you're watching the show or movie together.

► <https://www.netflixparty.com/>

RESOURCES

Emergency Food Distribution for Casino Employees and AC Residents ► <http://www.cfbnj.org/accovid>

Food Resources from Community FoodBank of New Jersey ► <https://cfbnj.org/findfood>

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WEEKLY PROGRAM NEWSLETTER // WEEK 6: MAY 4

We'll be sharing fun and creative ideas for keeping in touch! To ensure that everyone is comfortable with how our Bigs and Littles are interacting virtually, parent/guardian permission must be received before contact.

CONVERSATION STARTERS



Facts and Trivia

Bet you didn't know an ostrich's eye is bigger than its brain! You can leave blanks when reading these fun facts and see if your Big or Little can guess what's missing!

► <https://kids.niehs.nih.gov/games/riddles/jokes/fun-facts-and-trivia/index.htm>

ACTIVITY IDEAS



Fun and Games with Sports Buddies

Who wants to play 5 Second Rule?! 5 seconds to name 3 things in a category...can you do it? All matches are invited to join us for a Zoom video call this Saturday, May 9 at noon.

► Contact Peggy (pmcgann@bbbsatlanticcape.org) for the link and password.



Harry Potter Digital Escape Room

Work with your Big or Little to solve the questions and escape Hogwarts! It takes about 15 minutes to play and you'll be sure to put your math and critical thinking skills to work.

► <https://ptlibrary.org/hogwarts-digital-escape-room/>

RESOURCES

Mental Health Association of Atlantic County ► <http://www.mhaac.info>

Cape May County Mental Health Resources ► <https://capemaycountynj.gov/829/Mental-Health-Resources>

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WEEKLY PROGRAM NEWSLETTER // WEEK 5: APRIL 27

We'll be sharing fun and creative ideas for keeping in touch! To ensure that everyone is comfortable with how our Bigs and Littles are interacting virtually, parent/guardian permission must be received before contact.

CONVERSATION STARTERS



Mad Libs

Take turns filling in the blanks and then share your funny creations. There are free printables on the Mad Libs website and also an iPhone/Android app with free games!

► <http://www.madlibs.com/printables/>

ACTIVITY IDEAS



Circuit Exercises with Sports Buddies

Push-ups and jumping jacks will shake up the stay-at-home routine and get you moving! All matches are invited to join us for a Zoom video call this Saturday, May 2 at 10am.

► Contact Ed (eworton@bbbsatlanticcape.org) for the link and password.



Lunch Doodles with Mo Willems!

Kennedy Center Education Artist-in-Residence Mo Willems created a series of instructional videos for budding artists. Grab your art supplies and get doodling!

► <https://www.kennedy-center.org/mowillems>

RESOURCES

NJ Governor Murphy's plan for lifting restrictions due to COVID-19 ► <https://tinyurl.com/njroadback>
Programs/services for residents in need ► <https://www.nj211.org/> or dial 2-1-1 (operators available 24/7)

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WEEKLY PROGRAM NEWSLETTER // WEEK 4: APRIL 20

We'll be sharing fun and creative ideas for keeping in touch! To ensure that everyone is comfortable with how our Bigs and Littles are interacting virtually, parent/guardian permission must be received before contact.

CONVERSATION STARTERS



Tricky Riddles

Get your wheels turning with these deceptively tricky riddles! Make a game out of it and see who can solve them first or get the most right answers.

► <https://www.getriddles.com/tricky-riddles/>

ACTIVITY IDEAS



Star Wars Yoga with Sports Buddies

Our Sports Buddies matches will be doing a Zoom video call this Saturday, April 25 at 10am. All of our matches are welcome to join the fun—Star Wars shirts encouraged!

► Contact Suzanne (sleichtnam@bbbsatlanticcape.org) for the link and password.



Dunkin' Donuts DIY Kits

Pick up two of these fun kits (plain donuts, icing and jimmies), drop one off to your Little while maintaining social distancing and then decorate together on a video call!

Dunkin' Donuts Locations ► <https://www.dunkindonuts.com/en/locations>

RESOURCES

NJ Family Helpline: 24/7 support for parents facing difficulties ► 1-800-THE-KIDS (843-5437)

Calm: A mindfulness resource including free meditations ► <https://blog.calm.com/take-a-deep-breath>

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WEEKLY PROGRAM NEWSLETTER // WEEK 3: APRIL 13

We'll be sharing fun and creative ideas for keeping in touch! To ensure that everyone is comfortable with how our Bigs and Littles are interacting virtually, parent/guardian permission must be received before contact.

CONVERSATION STARTERS

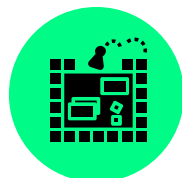


Gratitude Scavenger Hunt

Being thankful makes us feel more positive, peaceful and happy. Do a Gratitude Scavenger Hunt with your Little and talk about the things that you are grateful for!

► <https://www.naturalbeachliving.com/gratitude-savenger-hunt/>

ACTIVITY IDEAS



Play Online Board Games

Using app-based games like chess, checkers and Words With Friends can be a great way to engage and connect with your Little while enjoying some down time.

► <https://www.common sense media.org/lists/free-online-games-for-kids>



Write and Mail Pen Pal Letters

Getting mail is fun for everyone, so why not become Pen Pals with your Little! You can play "Mail Tag" and send questions and tasks back and forth to each other.

Learn about Mail Tag here: ► <http://maplepostblog.com/how-to-play-mail-tag/>

RESOURCES

Atlantic County COVID-19 Updates/Resources ► <https://www.atlantic-county.org/public-health/>

Cape May County COVID-19 Updates/Resources ► <https://capemaycountynj.gov/1388/COVID-19-Updates>

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WEEKLY PROGRAM NEWSLETTER // WEEK 2: APRIL 6

We'll be sharing fun and creative ideas for keeping in touch! To ensure that everyone is comfortable with how our Bigs and Littles are interacting virtually, parent/guardian permission must be received before contact.

CONVERSATION STARTERS



Would You Rather?!

Sometimes silly and sometimes serious, but either way these questions are sure to get the conversation started. You'll find some prompts for this game at the link below.

► <https://www.thebestideasforkids.com/would-you-rather-questions-for-kids/>

ACTIVITY IDEAS



Experience the Magic of Disney

Take a virtual ride together through "it's a small world", learn how to draw Ariel and Olaf, get a behind-the-scenes look at Pixar, or explore National Geographic activities!

► <https://www.disneymagicmoments.com>



Start a Book Club

Connect with your Little by starting a book club. Choose a book to read and schedule a time to share your thoughts on the phone or through video.

Find free book downloads here: ► <https://mashable.com/article/free-ebooks/>

RESOURCES

Scholastic Learn at Home ► <https://classroommagazines.scholastic.com/support/learnathome.html>

Free Comcast Service ► <https://corporate.comcast.com/covid-19>

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WEEKLY PROGRAM NEWSLETTER // WEEK 1: MARCH 30

We'll be sharing fun and creative ideas for keeping in touch! To ensure that everyone is comfortable with how our Bigs and Littles are interacting virtually, parent/guardian permission must be received before contact.

CONVERSATION STARTERS



Create a Conversation Jar!

Write topics on pieces of paper, put them in a jar or basket, and pick one out to get the conversation going! Some fun ideas for topics can be found at the link below.

► <https://www.gifts.com/blog/conversation-starters>

ACTIVITY IDEAS



These 15 Famous Museums Are Offering Virtual Tours

The Metropolitan Museum of Art, New York Botanical Garden, and The Louvre in Paris are among several museums on the list!

► <https://www.nymetroparents.com/article/museums-with-virtual-tours>



Visit the Zoo!

Check out what the lions, pandas, and elephants are up to through their live webcams!

National Zoo in Washington, DC: ► <https://nationalzoo.si.edu/webcams>

San Diego Zoo in San Diego, CA: ► <https://kids.sandiegozoo.org/videos>

RESOURCES

New Jersey COVID-19 Information Hub ► <https://covid19.nj.gov>

Explanation for Kids ► <https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus>

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