

# UPDATE ON BIG BROTHERS BIG SISTERS OF SOUTHERN ARIZONA'S RESPONSE TO COVID-19

March 16, 2020

MESSAGE TO OUR COMMUNITY BASED MATCHES

UPDATE (March 16, 2020): In response to increasing concerns related to COVID-19, effective today, **BBSSA strongly recommends that all Bigs and Littles avoid in-person match outings during the month of March** (at minimum) and instead focus on building a friendship through email, phone, text, FaceTime, etc.

Our team has put together a list of activities below to share with your Little in lieu of in-person activities.

- **Practice Your Creative Writing by Sending Letters:** Consider starting a story, mailing it to your Little, and asking your Little to fill in the next section and mail it back to you. Or, find fun postcards of places your Little might be interested in learning more about and mail them to him/her/them. \*This can also be done via email.
- **Chat via Skype/Facetime:** A phone call can keep you up to date on how your Little is spending their time away from school.
- **Compete in Age-appropriate Digital Games:** A friendly competition using Boggle, Words with Friends, or Quiz Up can be great fun! (And show you how much savvier your Little is than you!)
- **Start a Virtual Book Club:** Order two copies of a book through Amazon—or, my personal favorite, through a local bookstore that will mail one to your home and one copy to your Little's home. Read the book with your Little and talk about it over the phone. This will encourage them to keep reading should school be closed for an extended period of time.
- **Create a Match Activity List:** Work on a list of new activities you and your Little would like to participate in together and then compare your answers over the phone.
- **Virtual Movie Night:** Put on an age-appropriate movie at the same time and chat on the phone (or text) about the movie while watching.

We are working diligently to provide additional resources for you and for Littles' families during this time. Below is a list of a few resources and we would also like to encourage you to visit [SoAzBigs.org/resources](https://SoAzBigs.org/resources) for additional activity examples, resources for assistance, guidance and

information on COVID-19. Please do not hesitate to reach out to your Match Support Specialist or to Jessica Estrada, Program Manager, at [Jessica@soazbig.org](mailto:Jessica@soazbig.org) if you have any questions, suggestions or concerns.

- [Fun and educational websites offering free subscriptions while schools are out](#)
- [Information on how to talk to your Little about the Coronavirus](#)
- [A comic for kids explaining the Coronavirus](#)

Thank you for all you do for your Little, and again, please don't hesitate to ask if you have questions or concerns.