



Resources for our Youth & Families!

RECOMMENDATIONS FOR CONNECTING

- Our young people and entire community are working to overcome these uncertain times and identify workable solutions. It's important that our youth know they are cared for by many people! **Social distancing can lead to social isolation. We want people to be safe AND feel connection with others so we're encouraging matches to stay in touch!**
- Community-based matches are encouraged to stay in contact via phone, text and video. This is an important time to stay in communication with people we care about!
- School-based matches can still be pen pals. Email a note to your Case Manager and we can forward that to the family's mailing address or parent's email. Littles are encouraged to do the same!

ACTIVITIES KIDS CAN DO AT HOME

1. Read at least 30 minutes a day!
2. Online Learning Platforms (Free/Low Cost Internet Resource Below if Needed)
 - a. [Kahn Academy](#) - non-profit providing online learning
 - b. [Desmos](#) - free math learning
 - c. [Scholastic Learn at Home](#)
 - d. [Brainpop](#)
 - e. [Age of Learning](#)
3. Drawing Activities
 - a. [Making Drawing Fun!](#)
4. [Online Education Resources](#) (Google Sheet of resources - constantly being updated and mostly free!)

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- a. [Engineering education](#) specific ideas
 5. [Giant List](#) of activity ideas generated by lots of community members!
 6. Tacoma Public students can use their school ID to access Tacoma Public Library resources - [Facebook sharing it here](#)
 7. [Easy Science Experiments](#) using common household supplies
 8. [Erin Jones is offering an hour a day through Facebook Live](#) (which can be watched later any time) a discussion about equity - all ages!
 9. [12 Famous Museums](#) that offer virtual tours!
 10. Pacific Science Center - [Curiosity at Home](#) kit

FINANCIAL & OTHER RESOURCES FOR FAMILIES

We're asking Bigs not to do crowd-sourcing fundraising, like GoFundMe pages for specific families. Bigs, if there is a specific need for your Little's family (like food, or other emergency needs) please take a look at this list and talk to your Case Manager directly about needs and desires to help.

- [Comcast Internet Essentials](#) - FREE for two months right now, normally \$9.95 for low income families

SELF-CARE DURING STRESSFUL TIMES - for youth AND adults!

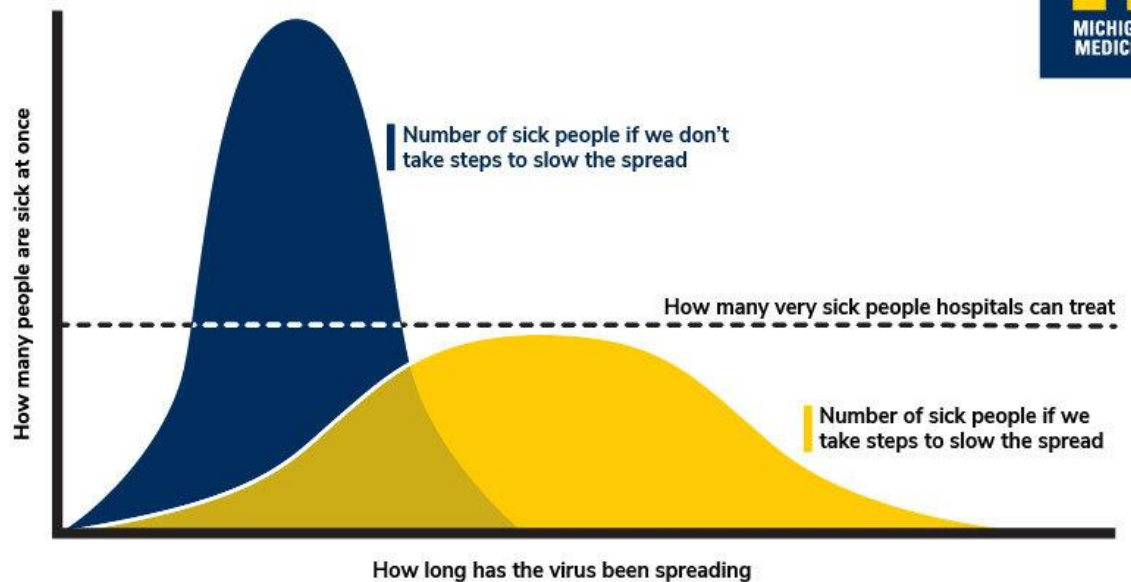
- Exercise. Go for a walk outside - bundle up if you have to.
- Have a dance party with your family!
- Listen to music - or make music if that's your jam.
- Color. Even adults can color.
- Call a friend and catch up!
- Get good rest! Keep a solid routine, even with school and work changes.
- Drink lots of water!
- If you feel worried or stressed talk to someone about your feelings. Don't keep it bottled up.
 - You can also write about your feelings! Or use art to express feelings too.

INFORMATION ABOUT COVID-19

[Center for Disease Control](#) - [click here](#)

How do I talk to kids about COVID-19?

- [Tip Sheet](#) from The Search Institute rooted in how to work through this time using a development relationship framework.
- National Association of School Psychologists: [CLICK HERE](#)
- World Health Organization - [helping kids cope with stress right now](#)



Adapted from the CDC

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