



# MENTORING AT A DISTANCE: TIPS FOR BSW PROGRAMS



| Ways to Continue Communicating*  | Virtual Activities for Matches   | Support for Bigs  |
|--|--|---|
| <p><b>Phone/Text</b><br/> <a href="#">Rocket.Chat</a>, <a href="#">Ez Texting</a>, <a href="#">Facebook Messenger Kids</a>, <a href="#">What's App</a></p> <p><b>Postal Mail</b><br/>           Pen pals, mail activity packs to matches</p> <p><b>Email</b><br/>           Pen pals</p> <p><b>Videoconference</b><br/> <a href="#">Zoom</a>, <a href="#">Skype</a>, <a href="#">GoToMeeting</a></p> | <p>Make a meal (<a href="#">America's Test Kitchen</a>)<br/>           Homework help (<a href="#">List</a>)<br/>           Scavenger hunt (<a href="#">Education World</a>)<br/>           Craft activity (<a href="#">Happiness is Homemade</a>)<br/>           Read a book (<a href="#">Libby</a>, <a href="#">Hoopla</a>)<br/>           Concerts (<a href="#">List</a>)<br/>           Museum visit (<a href="#">List</a>)<br/>           Zoo visit (<a href="#">National Zoo</a>, <a href="#">San Diego Zoo</a>)<br/>           Online games (<a href="#">PBS</a>, <a href="#">Gamesgames.com</a>)<br/>           Exercise (<a href="#">National 4-H</a>, <a href="#">We Are Teachers</a>)<br/>           Watch a movie (<a href="#">Kanopy</a>)<br/>           Write a cooperative journal (<a href="#">Storybird</a>)<br/>           Digital photography (<a href="#">National 4-H</a>)<br/>           Puzzles (<a href="#">The Spruce Crafts</a>)<br/>           Learn to dance (<a href="#">CLI Studios</a>)<br/>           Learn to draw (<a href="#">Lunch Doodles</a>)<br/>           Learn a new language (<a href="#">duolingo</a>)<br/>           Learn coding (<a href="#">Code.org</a>)<br/>           Post curriculum/activities to <a href="#">Google Drive</a></p> | <p>Continued match support<br/>           Check-in reminders<br/>           Online mentor training<br/>           Virtual support group</p> |
| <p>* These are pending parental permission. In instances where agency policy forbids contact outside of sessions for Site-Based matches, three-way phone calls with the Match Support Specialist and supervised virtual hangout sessions are options.</p>  |  |   |

Special thanks to the Comcast Beyond School Walls sites (BBBS Columbia Northwest, BBBS of Greater Pittsburgh, BBBS Twin Cities, BBBS Independence, BBBS Lone Star, BBBS of Metropolitan Chicago, BBBS of Metropolitan Detroit, BBBS of Middle Tennessee, BBBS of Northeast Florida, Nutmeg BBBS, BBBS of Snohomish County, BBBS of Southern Arizona, and BBBS of the Sun Coast) for their assistance in developing this resource.