



Volunteer Orientation Supplemental Handouts

101 THINGS TO DO WITH YOUR LITTLE

1. Play the BBBS version of Jenga!
2. Bowl For Kids' Sake!
3. Start a hobby together (e.g., astronomy, clowning, sewing, music, singing, drama, dance, stained glass, painting, poetry...).
4. Start a collection of something you are both interested in like stamps, rocks, coins, comics, bugs, dolls, figures, sports cards, etc.
5. Walk, train, and play with your dog together.
6. Pop popcorn (the "old fashioned" way, not in the microwave) and watch a movie.
7. Go to the Forest Park Boathouse and take out a boat for a spin on the lake.
8. Build a model car, plane, or rocket.
9. Form your own book club (with other matches) and/or read together.
10. Go to a circus or carnival.
11. Go bowling – you can buy one game and get one free at Olivette Lanes!
12. Draw, paint, work with clay, or make paper-mache animals or casts of each other.
13. Play Charades, checkers, chess, backgammon, or any board or card game (you can even create your own).
14. Take a bike ride together (there are several trails in the area – www.trailnet.org).
15. Research your family trees together – the library and internet are great resources!
16. Attend your Little's school play or sporting event to cheer him/her on!
17. Check out the free seats at the Munny all summer long.
18. Fly a kite at the park – for an extra challenge, make your own kites!
19. Visit an area firehouse or police station.
20. Attend a BBBS Match Activity.
21. Feed birds or go to a park and feed the ducks.
22. Go rollerskating, blading or ice skating.
23. Have a TV show you both watch every week, then call and talk about it.



Volunteer Orientation Supplemental Handouts

24. Do a science project together using household products (find out what happens to an egg soaked in vinegar).
25. Take a free kid-friendly class at your local Home Depot or Toys 'R Us.
26. Bounce on a trampoline.
27. Go to local art fairs, festivals, and events (check the "Get Out" section of the Post every Thursday).
28. Watch a parade.
29. Go horseback riding.
30. See one of our local sports teams (Cardinals, Rams, or Blues – when they play again) or college teams (Washington University Bears, SLU Billikens, etc.) in action
31. Check into local history/archeology.
32. Take a walk and bring a momento bag to collect interesting objects along the way..
33. Prepare a meal together from start to finish – try finding good recipes online or in your favorite cookbook. (YUMMY!)
34. Help your Little with homework or a school project.
35. Write a letter to your Little on your match anniversary telling what you've noticed about him/her in the last year. Ex: positive changes, growth or maturity.
36. Watch a fireworks show.
37. Take your Little to your place of employment.
38. After you have been matched for six months, go on a camping trip, even if it is in your backyard or inside (remember how much fun it was to throw a sheet over the dining room table) –
39. Make your own cards for holidays, birthdays, and other special occasions for friends and relatives.
40. Trim the hedges, mow the lawn, rake the leaves, and do other yard work together.
41. Build a bird house or feeder.
42. Visit a Park.
43. Write and send letters in the mail to each other, or get pen pals.
44. Share family/vacation pictures with each other.
45. Create a Match scrapbook or photo album to record all your fun times together.



Volunteer Orientation Supplemental Handouts

46. Start a garden - indoors or out.
47. Go to the Ice Capades or other events at the Savvis Center.
48. Carve a pumpkin together - don't forget to roast the seeds!
49. Make a log cabin, picture frame, or anything you can think of out of popsicle sticks.
50. Try new restaurants together.
51. Go to the movies, or rent one for the VCR/DVD player.
52. Teach him/her how to change the oil in your car, or any handy skills you may have.
53. Complete a jigsaw puzzle.
54. Volunteer at a community center/soup kitchen/humane society.
55. Make up new lyrics to a song – maybe even about your match.
56. Go to an auto show, boat show, or truck pull.
57. Make your own T-shirts with fabric markers and colored glue.
58. Enjoy cloud watching on a nice day.
59. Go swimming or even play with the water hose or sprinkler in the backyard.
60. Volunteer to help build a house for Habitat for Humanity, or deliver food for Meals on Wheels.
61. Keep a journal of all your outings together and what you liked/disliked about each.
62. Make friendship bracelets, or do other crafts together.
63. Visit a local courthouse and observe a court hearing.
64. Play frisbee, catch, basketball, volleyball, touch football, croquet, badminton, etc.
65. Make paper airplanes and gliders.
66. Go Christmas caroling.
67. Go apple picking and try different apple recipes with your apples.
68. Visit a local museum – there are plenty to choose from!
69. Write a newsletter together to send to your friends and relatives.
70. Play games on the internet or peruse your favorite age-appropriate sites together.
71. Play golf or putt-putt, or just hit golf balls at a driving range.



Volunteer Orientation Supplemental Handouts

72. Make wrapping paper from old magazines and newspaper.
73. Show him/her how to maintain their bike—replace chain, repair brakes, etc.
74. Make an obstacle course in your yard or local park and time each other.
75. Make puppets.
76. Play video games/ pinball.
77. Use sidewalk chalk and draw pictures on the sidewalk.
78. Let your Little drive...at a go-cart track!
79. Go to a gem and mineral show.
80. Look through coupon books for 2 for 1 deals for your favorite activities.
81. Let your Little do chores and run errands with you.
82. Eat lunch with your Little at school.
83. Call your Support Specialist and let them know about the activities you have tried.
84. Explore your local area (www.explorestlouis.com or www.beatourist.com).
85. Go on sound scavenger hunt with a tape recorder.
86. Bake a cake, cookies, or brownies or make candy – make sure to share with your Support Specialist!
87. Visit your church or your Little's church.
88. Have a picnic.
89. Make a collage on “friendship” or your Little's life using pictures and headlines from old magazines and newspapers.
90. Visit the Humane Society.
91. Look up new words in the dictionary.
92. Have your Little teach you something.
93. Plan for a money earning project and save money for a special event.
94. Blow Bubbles.
95. Listen to music together.
96. If your Little is a teenager, practice completing job and college applications.
97. Show your Little your high school yearbook, baby pictures, old report cards, etc.
98. Build a snowman/ woman.



Volunteer Orientation Supplemental Handouts

99. Go on a camera scavenger hunt – Make a list of the things you want pictures of before you go and let your Little take the pictures.
100. Spend some time with your Support Specialist! We love getting out of the office and hanging out with matches!
101. Talk about this list! And make a goal to complete everything on the list.



Volunteer Orientation Supplemental Handouts

Age			
5-7	8 –10	11-13	14-16
Bake and frost cut out cookies	Start a scrapbook with a page for pictures of favorite things	Watch a TV program and identify negative stereotypes	Figure out how to program your VCR
Fly a kite on a windy day	Go on a camera scavenger hunt to find odd objects to photograph	Look up your state on the internet: major industry? Biggest cities?	Research what happened on the day and year each of you was born
Go on a walk and collect interesting rocks, leaves or other items	Make greeting, get well or holiday cards to give to special people	Build and paint a bird house – watch for occupants	Check out the classified ads and discuss what each job requires in terms of education and experience
Feed the ducks at the park	Make a bug cage and catch lightening bugs together	Rent rollerblades and learn to skate, safely	Visit a fish market, meat market or other place where food is not prepackaged
Make a present for someone special	Visit the zoo at feeding time	Make a list of people you admire – look them up on the internet	Go out for dinner at an ethnic restaurant; who else is eating there? Favorite dishes?
Play UNO, Crazy 8s, Old Maid	Read a selected book out loud and tape record it	Take a long ride on public transportation to the end of the line	Explore a new radio station together; discuss ads and target audience
Play bat mitten or croquet	Play Miniature golf or go bowling	Visit the SPCA and offer to walk the dogs	Plan, shop for ingredients and cook dinner
Go for a walk and find interesting places to practice “balancing”	Play Monopoly, Life, Sorry, hangman	Mow the lawn or wash the car together	Go to a concert featuring a favorite performer
Have a peanut and jelly sandwich picnic	Go on a field trip to the museum – focus on one exhibit and discuss it	Play computer and video games together	Try mastering something difficult: juggling, cooking a soufflé, water color painting