



Objectives, Goals, and Activity Ideas: Community-based Matches

	Recreation & Social Competency	Education & Life Skills	Arts & Culture	Community Engagement	Health & Well-being
Objectives	<ul style="list-style-type: none"> Experience new activities Develop friendships Improve social skills Build self-esteem Encourage physical activity Promote growth in identified abilities and interests 	<ul style="list-style-type: none"> Promote educational success, including high school graduation Introduce post-secondary education opportunities Introduce career possibilities Develop life skills Promote growth in identified abilities and interests 	<ul style="list-style-type: none"> Increase cultural awareness Foster respect of culture and history Introduce the arts Promote growth in identified abilities and interests 	<ul style="list-style-type: none"> Encourage volunteerism and giving back Develop leadership skills Foster good citizenship Promote growth in identified abilities and interests 	<ul style="list-style-type: none"> Encourage physical, emotional, and spiritual wellness Promote healthy choices and good nutrition Educate about risky behaviors Promote growth in identified abilities and interests
Common Goals	<ul style="list-style-type: none"> Improve self-esteem Be more confident Experience new things together Increase respect for peers and adults Practice/help with sports Develop positive social interaction skills Learn to express themselves in a healthy way Feel comfortable speaking their mind Learn to handle disappointments better 	<ul style="list-style-type: none"> Help with school/specific subjects Help with college preparation Read together Learn good study habits 	<ul style="list-style-type: none"> Try new things Experience Asheville together Develop interests/hobbies Learn about other cultures and own culture Have fun together 	<ul style="list-style-type: none"> Develop leadership skills Learn to be accountable Form trust with Big Develop new interests Give back 	<ul style="list-style-type: none"> Be active together Have someone to talk to/build relationship Develop healthy habits together Learn about healthy eating

Activity Suggestions	<p>Play a board game Make a collage together Go to a sporting event Let your Little teach you something Work out, swim, walk, play basketball, or try a class at a YMCA Go bowling Develop a hobby together (Fantasy Football, chess, scrapbooking) Go to the library and check out books Learn a sport Go to a movie and discuss the movie after Be a spectator at a sports event at UNCA, Warren Wilson, or Mars Hill College Attend one of your Little's extracurricular activities Go fishing Work on a science experiment or craft- check out the following website for ideas: kids.nationalgeographic.com/kids/activities Attend "R" events promoted by BBBS!</p>	<p>Teach your Little about measurements and fractions while making a recipe Play a board game- (State Capital Sequence, Monopoly, Scrabble) Teach your Little about statistics by following your favorite sports team Study for the first 15 minutes of your outings Teach your Little about budgeting by having a monthly budget for outings Job Shadow someone in a job your Little is interested in Visit www.CFNC.org with your Little and learn about time management and other skills and look up interesting info about colleges Choose a great book & read it together at a coffee shop Visit local colleges Teach your Little how to change a tire or check the oil Read a book together and talk about it- check out the following websites for ideas: readkiddoread.com www.guysread.com Play a computer game together- check out the following websites: funschool.kaboose.com www.learningplanet.com www.edheads.org pbskids.org Attend "E" events promoted by BBBS!</p>	<p>Paint pottery together Make homemade "thank you" cards Visit the Art Museum Enjoy hot chocolate and play a game at a local coffee shop Tour the Center for Diversity at UNCA Visit local artists in the River Arts District/ galleries downtown Call the BBBS office for free Flatrock Playhouse tickets View student art for free at UNCA Be on the lookout for free tickets from BBBS for plays, musicals, and other events Go to a local festival or tailgate market Attend a play at Asheville Community Theatre Do an art project together- check out the following websites for ideas: www.marthastewart.com/photogallery/kids-accessories www.crayola.com/crafts familyfun.go.com/crafts/crafts-by-type/art-projects/ Attend "A" events promoted by BBBS!</p>	<p>Volunteer at MANNA Food Bank, Animal Compassion Network, or other non-profits Take your Little with you to vote Find a place to volunteer through Hands On Asheville Walk dogs at local animal shelters Recycle together Join BBBS at local events to pass out information Learn about community leaders together Attend a City Council meeting or other meeting to learn about government Hear a visiting speaker at UNCA to learn about a topic Volunteer at Bowl For Kids' Sake or other BBBS events Attend "C" events promoted by BBBS!</p>	<p>Plant a vegetable garden Learn about healthy eating by reading labels at a local tailgate market or grocery store Go for walks at different parks around Asheville Learn a new sport together Participate in a 5k run/walk Go skating Visit a farmer's market and pick out some fruits and vegetables Take an exercise class at the YMCA Go swimming at the YMCA Play disc golf Go rock climbing Cook a new healthy food together Eat at a healthy restaurant Visit the Parkway Education Center, pick blueberries at Graveyard Fields, wade in the creek at Bent Creek Mountain bike at Bent Creek Take a yoga class Do a family-friendly Zumba class together at the YMCA Attend "H" events promoted by BBBS!</p>
-----------------------------	---	--	---	---	--

