

# REACH

## Objectives, Goals, and Activity Ideas: Site-based Matches

	Recreation & Social Competency	Education & Life Skills	Arts & Culture	Community Engagement	Health & Well-being
<b>Objectives</b>	Experience new activities Develop friendships Improve social skills Build self-esteem Encourage physical activity Promote growth in identified abilities and interests	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	Increase cultural awareness Foster respect of culture and history Introduce the arts Promote growth in identified abilities and interests	Encourage volunteerism and giving back Develop leadership skills Foster good citizenship Promote growth in identified abilities and interests	Encourage physical, emotional, and spiritual wellness Promote healthy choices and good nutrition Educate about risky behaviors Promote growth in identified abilities and interests
<b>Common Goals</b>	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	Help with school/specific subjects Help with college preparation Read together Learn good study habits	Try new things Broaden their worldview Develop interests/hobbies Learn about other cultures and own culture Have fun together	Develop leadership skills Learn to take accountability Form trust with Big Develop new interests Give back	Be active together Have someone to talk to/build relationship Develop healthy habits together

<b>Activity Suggestions</b>	<p>Play a board game  <b>Make a collage together</b>  Create a new game  <b>Let your Little teach you something</b>  Walk, play basketball, or enjoy another sport  Play a conversation game where you learn about each other:  Develop a hobby together (Fantasy Football, chess, scrapbooking)  Check out the Common Core Standards for ideas on how to tie this to academic concepts  Work on a science experiment or craft- check out the following website for ideas:  <a href="http://kids.nationalgeographic.com/kids/activities">kids.nationalgeographic.com/kids/activities</a>  <b>Attend summer events sponsored by BBBS!</b></p>	<p>Teach your Little about measurements while doing a fun activity  <b>Play a board game- (State Capital Sequence, Monopoly, Scrabble, Yahtzee)</b>  Teach your Little about statistics by following your favorite sports team  Teach your Little about budgeting by planning a project and talking about what supplies will cost  <b>Go to <a href="http://cfnc.org">cfnc.org</a> with your Little and learn about colleges and careers</b>  Read a book together and talk about it- check out the following websites for ideas:  <a href="http://readkiddoread.com">readkiddoread.com</a>  <a href="http://www.guysread.com">www.guysread.com</a>  Write a story together and illustrate it  Check out the Common Core Standards for ideas on how to tie this to academic concepts  <b>Attend summer events sponsored by BBBS!</b></p>	<p>Paint pictures together  <b>Make homemade “thank you” cards</b>  Let your Little take photos around the school  Build something and use measurement, <b>paint it</b>  Look online or in books for artists and pick your favorite types of art  For Feb. Black History Month, read about famous black authors, civic rights activists, sports leaders, etc.  Look at an atlas together and tell your Little about a trip you took; dream up “dream trips” – where you would go and what you would do  Celebrate a holiday the way another culture would, look in books for ideas  <b>Do an art project together- check out the following websites for ideas:</b>  <a href="http://www.marthastewart.com/photo-gallery/kids-accessories">www.marthastewart.com/photo-gallery/kids-accessories</a>  <a href="http://www.crayola.com/crafts">www.crayola.com/crafts</a>  <a href="http://familyfun.go.com/crafts/crafts-by-type/art-projects/">familyfun.go.com/crafts/crafts-by-type/art-projects/</a>  <b>Attend summer events sponsored by BBBS!</b></p>	<p>Learn about community leaders together  <b>Make cards or holiday decorations for a nursing home or Meals on Wheels</b>  <b>Write a letter together to your Program Coordinator at BBBS or to someone at the school</b>  <b>Look online to learn about non-profits that are related to your Little’s interests (animals, recycling, art)</b>  <b>Write a note to the local fire department</b>  Talk about what your Little would change about their school if they were Principal, about the US if they were President  <b>Attend summer events sponsored by BBBS!</b></p>	<p>Plant a vegetable in a pot and keep it at school or your home  Learn about healthy eating online or from books  Go for walks at the school  <b>Learn a new sport together</b>  <b>Talk about favorite foods and for every sweet choose one healthy food</b>  <b>Try a new healthy food together</b>  <b>Congratulate them when they make a healthy decision</b>  <b>Find a sport they enjoy and play it with them</b>  <b>Attend summer events sponsored by BBBS!</b></p>
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