

REACH

Objectives, Goals, & 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 the city 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

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Activity Suggestions	<ul style="list-style-type: none"> 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 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 after Be a spectator at a sports event at a local college or high school Attend one of your Little's extracurricular activities Go fishing Work on a science experiment or craft – check out bbbscm.org/mystem or kids.nationalgeographic.com/kids/activities for ideas 	<ul style="list-style-type: none"> Teach your Little about measurements and fractions while making a recipe Play a board game 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 Choose a great book and 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 Play a computer game together 	<ul style="list-style-type: none"> Paint pottery together Make homemade “thank you” cards Visit the Art Museum Enjoy hot chocolate and play a game at a local coffee shop Visit the Crompton Collective Call your MSS for free tickets to upcoming events Go to a local festival or farmers market Attend a play at the Hanover Theatre Do an art project together 	<ul style="list-style-type: none"> Volunteer at a food bank, an animal shelter, or other nonprofits Take your Little with you to vote 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 a local college to learn about a topic 	<ul style="list-style-type: none"> Plant a vegetable garden Learn about healthy eating by reading labels at a local market or grocery store Go for walks at different parks around town 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 Take a yoga class Do a family-friendly Zumba class together