



# One to One Activities

The list of activity ideas below are helpful to share with buddy pairs if they are looking for fun ways to connect during the year. Please share these suggestions with your peer buddies and buddies!

## At Home Activities

- Write letters
- Look at each other's pictures
- Look at magazines
- Listen to music/watch TV/rent movies
- Play cards/board games
- Make art
- Play video games
- Make a podcast
- Make a video of your friendship and upload to YouTube.
- Put photo/scrap book together
- Decorate picture frames
- Make a cake or cookies for your chapter
- Teach each other something new
- Play charades
- Make gifts for people
- Dance contest
- Make bead key chains/jewelry
- Create tie-dye art

## Outdoor Activities

- Walk nature trails
- Walk your dog
- Ride bikes
- Play Frisbee Golf
- Plant flowers or a vegetable garden
- Go to the beach/lake
- Visit a farm
- Go on a fishing trip
- Visit an amusement park
- Get involved with Habit for Humanity or another local service group

## Dining Out

- Go out for breakfast/ice cream/soda/coffee
- Dine with each other's families

- BBQ or picnic
- Make lunch or dinner together
- Host a potluck dinner with friends

## Athletics

- Swim
- Play tennis
- Bowl
- Play pool or ping-pong
- Play football
- Ice skate
- Mini golf
- Play paintball
- Go to a recreation center on campus
- Attend a Special Olympics event
- Hike
- Rollerblade/skate
- Go to a yoga class/exercise together

## Organized Events

- Attend concerts (seek free tickets)
- Go to school play/musical
- Attend local sporting events
- Attend an art show
- Attend Best Buddies group activities
- Go out to dinner and a movie

## Miscellaneous

- Volunteer together
- Study at the library
- Visit each other's friends and family
- Visit a museum
- Help your buddy join e-Buddies or e-mail his/her e-Buddy together
- Take a community class together
- Go shopping
- Get manicures together