



### Group Activities for all Chapter Members:

- Plan a Movie Night! Utilize Netflix Party to host a watch party that allows you to chat with others who are tuned in with you through the Netflix Chat Box ([www.netflixparty.com](http://www.netflixparty.com)).
- Host a Game Night! Use Jackbox Games Party Packages online to virtual play games with your chapter ([www.jackboxgames.com](http://www.jackboxgames.com)).
- Plan a group workout! Use Zoom or Skype to live stream an accessible workout class like yoga or zumba! Check out YouTube for Zumba, Yoga, and other fitness classes available. [www.ablethrive.com](http://www.ablethrive.com) has a ton of fitness and accessible hobbies available online, too!
- Plan a "Would You Rather" phone call discussion via conference call. Use Stanford Harmony Connection Cards or the Fun Discussion Topic Worksheet on BBU ([www.freeconferencecall.com](http://www.freeconferencecall.com)).
- Visit the Aquarium! Broadcast live through <https://www.aqua.org/Experience/live> to get a live virtual tour of The National Aquarium. Start a group chat through WhatsApp with chapter members to talk about what you see!
- Host a dance party virtually through a live concert. A ton of artist are hosting live virtual concerts, tune in with your chapter and go live or send videos of you dancing along!
- Write letters to elderly homes in your area. We want to be sure our elderly friends are not feeling socially isolated during this time either!
- Host a Best Buddies Fashion Show! Have everyone in your chapter wear their favorite Best Buddies swag or order new merchandise through the Best Buddies store (<https://www.shop.bestbuddies.org/>) and call into a Skype call. Have each person share the swag they picked out and why it's their favorite – maybe they got it at the Friendship Walk last year and they have a fun memory to share!
- Have a lip sync or Karaoke party! Have each member of your chapter that is interested sign up ahead of time for karaoke or lip-sync. Everyone in the chapter can log in via video chat and see their friends signing along to their favorite song! Use <https://www.karafun.com/karaoke/> as your karaoke catalog!
- Host a Best Buddies Talent Show! Encourage members of your chapter to take a video playing an instrument, signing a song, playing a sport, telling jokes, and share the videos for everyone in your chapter to see their friends' talents
- Host a Comedy Night. Using [www.netflixparty.com](http://www.netflixparty.com) select your favorite standup comedy and watch together as a chapter. Use the chat box feature to talk about jokes you think are funny with each other.



### Activities for Buddy Pairs

- Go on a walk together, go for a walk around your community and call your buddy to chat while you walk
- Create a virtual handshake. Using TikTok make a funny video of you and your buddy doing a handshake
- Snapchat Streak! Send silly selfies back and forth and see how many days in a row you can get a snap streak going. Screen shot your favorite silly selfies and post them on the Best Buddies Mobile App
- Schedule a coffee date! Facetime or video chat with your buddy while enjoying coffee – it will be just like meeting out at Dunkin or Starbucks!
- Play cards together! Download the Nertz or Euchre app to play cards against each other!
- Play Video Games! If you both subscribe to the same game station like PlayStation or Xbox hop online and play a game together.
- Play trivia! Download Trivia Crack on your phone and challenge your friend
- Do a puzzle together! Go online to <http://www.epuzzle.info/multiplayer> and start a puzzle online with your buddy. Or, grab a puzzle in person and video chat with your buddy while you work together.
- Become study buddies! We are all new to online learning, hop on video chat and study together!