



# BESTBUDDIES®

## WAYS TO STAY CONNECTED



### PHONE CALLS

Set up a **specific time to talk** one-on-one with your buddy, or a friend to see how they are doing.



### STUDY BUDDIES

Online learning? This can be a tough adjustment. **Study with a friend** through video chat.



### e-BUDDIES

Did you know we have an online friendship program? Sign up for e-Buddies to keep the inclusion movement going. Learn more at [www.ebuddies.org](http://www.ebuddies.org)



### GROUP CHATS

It doesn't have to be one chat. Create chats on topics of interest like: pet pictures, video games, COVID-19, or funny GIFs.



### VIDEO CHATS

Sometimes it's just easier to talk face-to-face. So start a **video chat!** Try using Zoom, Skype, or Google Hangouts.



### EXERCISE BUDDIES

It's important to stay healthy while at home. Have a chapter member or parent lead a **video workout class**.



### VIRTUAL GAMES

Invite people to play an **online game**. Try using Jack Box, PlayStation, Xbox, or make up your own game over video chat!