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

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!