One-to-One Activities
Best Buddies International

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.
- Put photo/scrap book together
- Decorate picture frames
- Solve a jigsaw puzzle
- 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
- Do a community clean up project
- Go to a festival

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
- Go swimming
- Play tennis
- Go bowling
- Play pool or ping-pong
- Play football
- Ice skate
- Mini golf
- Play paintball
- Go to a recreation center on campus
- Take a hike together
- Rollerblade/skate
- Go to a yoga class/exercise together
- Try Zumba

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
- Sing Karaoke together
- Visit an animal shelter