



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).
- Host a Game Night! Use Jackbox Games Party Packages online to virtual play games with your chapter (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 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 our website resources (www.freeconferencecall.com).
- 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 their favorite outfit
- 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 singing 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, singing 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 select a funny movie 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 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.
- Schedule a coffee date! Facetime or video chat with your buddy while enjoying coffee – it will be just like meeting out at Tim Hortons 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!