



## Objectives, Goals, and Activity Ideas: Community-based Matches

	Recreation & Social Competency	Education & Life Skills	Arts & Culture	Community Engagement	Health & Well-being
<b>Objectives</b>	<ul style="list-style-type: none"> <li>Experience new activities</li> <li>Develop friendships</li> <li>Improve social skills</li> <li>Build self-esteem</li> <li>Encourage physical activity</li> <li>Promote growth in identified abilities and interests</li> </ul>	<ul style="list-style-type: none"> <li>Promote educational success, including high school graduation</li> <li>Introduce post-secondary education opportunities</li> <li>Introduce career possibilities</li> <li>Develop life skills</li> <li>Promote growth in identified abilities and interests</li> </ul>	<ul style="list-style-type: none"> <li>Increase cultural awareness</li> <li>Foster respect of culture and history</li> <li>Introduce the arts</li> <li>Promote growth in identified abilities and interests</li> </ul>	<ul style="list-style-type: none"> <li>Encourage volunteerism and giving back</li> <li>Develop leadership skills</li> <li>Foster good citizenship</li> <li>Promote growth in identified abilities and interests</li> </ul>	<ul style="list-style-type: none"> <li>Encourage physical, emotional, and spiritual wellness</li> <li>Promote healthy choices and good nutrition</li> <li>Educate about risky behaviors</li> <li>Promote growth in identified abilities and interests</li> </ul>
<b>Common Goals</b>	<ul style="list-style-type: none"> <li>Improve self-esteem</li> <li>Be more confident</li> <li>Experience new things together</li> <li>Increase respect for peers and adults</li> <li>Practice/help with sports</li> <li>Develop positive social interaction skills</li> <li>Learn to express themselves in a healthy way</li> <li>Feel comfortable speaking their mind</li> <li>Learn to handle disappointments better</li> </ul>	<ul style="list-style-type: none"> <li>Help with school/specific subjects</li> <li>Help with college preparation</li> <li>Read together</li> <li>Learn good study habits</li> </ul>	<ul style="list-style-type: none"> <li>Try new things</li> <li>Experience Asheville together</li> <li>Develop interests/hobbies</li> <li>Learn about other cultures and own culture</li> <li>Have fun together</li> </ul>	<ul style="list-style-type: none"> <li>Develop leadership skills</li> <li>Learn to be accountable</li> <li>Form trust with Big</li> <li>Develop new interests</li> <li>Give back</li> </ul>	<ul style="list-style-type: none"> <li>Be active together</li> <li>Have someone to talk to/build relationship</li> <li>Develop healthy habits together</li> <li>Learn about healthy eating</li> </ul>

<b>Activity Suggestions</b>	<p>Play a board game            Make a collage together            Go to a sporting event            Let your Little teach you something            Work out, swim, walk, play basketball, or try a class at a YMCA            Go bowling            Develop a hobby together (Fantasy Football, chess, scrapbooking)            Go to the library and check out books            Learn a sport            Go to a movie and discuss the movie after            Be a spectator at a sports event at UNCA, Warren Wilson, or Mars Hill College            Attend one of your Little's extracurricular activities            Go fishing            Work on a science experiment or craft- check out the following website for ideas: <a href="http://kids.nationalgeographic.com/kids/activities">kids.nationalgeographic.com/kids/activities</a>  <b>Attend "R" events promoted by BBBS!</b></p>	<p>Teach your Little about measurements and fractions while making a recipe            Play a board game- (State Capital Sequence, Monopoly, Scrabble)            Teach your Little about statistics by following your favorite sports team            Study for the first 15 minutes of your outings            Teach your Little about budgeting by having a monthly budget for outings            Job Shadow someone in a job your Little is interested in            Visit <a href="http://www.CFNC.org">www.CFNC.org</a> with your Little and learn about time management and other skills and look up interesting info about colleges            Choose a great book &amp; read it together at a coffee shop            Visit local colleges            Teach your Little how to change a tire or check the oil            Read a book together and talk about it- check out the following websites for ideas: <a href="http://readkiddoread.com">readkiddoread.com</a>  <a href="http://www.guysread.com">www.guysread.com</a>            Play a computer game together- check out the following websites: <a href="http://funschool.kaboose.com">funschool.kaboose.com</a>  <a href="http://www.learningplanet.com">www.learningplanet.com</a>  <a href="http://www.edheads.org">www.edheads.org</a>  <a href="http://pbskids.org">pbskids.org</a>  <b>Attend "E" events promoted by BBBS!</b></p>	<p>Paint pottery together            Make homemade "thank you" cards            Visit the Art Museum            Enjoy hot chocolate and play a game at a local coffee shop            Tour the Center for Diversity at UNCA            Visit local artists in the River Arts District/ galleries downtown            Call the BBBS office for free Flatrock Playhouse tickets            View student art for free at UNCA            Be on the lookout for free tickets from BBBS for plays, musicals, and other events            Go to a local festival or tailgate market            Attend a play at Asheville Community Theatre            Do an art project together- check out the following websites for ideas: <a href="http://www.marthastewart.com/photogallery/kids-accessories">www.marthastewart.com/photogallery/kids-accessories</a>  <a href="http://www.crayola.com/crafts">www.crayola.com/crafts</a>  <a href="http://familyfun.go.com/crafts/crafts-by-type/art-projects/">familyfun.go.com/crafts/crafts-by-type/art-projects/</a>  <b>Attend "A" events promoted by BBBS!</b></p>	<p>Volunteer at MANNA Food Bank, Animal Compassion Network, or other non-profits            Take your Little with you to vote            Find a place to volunteer through Hands On Asheville            Walk dogs at local animal shelters            Recycle together            Join BBBS at local events to pass out information            Learn about community leaders together            Attend a City Council meeting or other meeting to learn about government            Hear a visiting speaker at UNCA to learn about a topic            Volunteer at Bowl For Kids' Sake or other BBBS events  <b>Attend "C" events promoted by BBBS!</b></p>	<p>Plant a vegetable garden            Learn about healthy eating by reading labels at a local tailgate market or grocery store            Go for walks at different parks around Asheville            Learn a new sport together            Participate in a 5k run/walk            Go skating            Visit a farmer's market and pick out some fruits and vegetables            Take an exercise class at the YMCA            Go swimming at the YMCA            Play disc golf            Go rock climbing            Cook a new healthy food together            Eat at a healthy restaurant            Visit the Parkway Education Center, pick blueberries at Graveyard Fields, wade in the creek at Bent Creek            Mountain bike at Bent Creek            Take a yoga class            Do a family-friendly Zumba class together at the YMCA  <b>Attend "H" events promoted by BBBS!</b></p>
-----------------------------	---	--	---	---	--

