

Mazie Virtual Match Meeting Resources

The most important thing is to continue to schedule 1:1 conversations by video or phone. While you cannot meet in person, you can continue to make a difference with your mentee. Also, continuing to meet and providing stability for your mentee is a great way to help limit the amount of anxiety that can come from a stressful time like this. Please [read this page for some thoughts from MENTOR](#) on how to meaningfully preserve mentoring relationships in a time of social distancing.

Apps for Video Chats with your Mentee

All free apps or websites, can all easily be downloaded on a phone

- WhatsApp
- FaceTime (iPhone only)
- Zoom
- Google Hangout
- Viber
- Skype
- Line
- [Marco Polo](#) - Walkie-talkie by short video without losing your chats

Educational websites

- [Coding practice](#)
- Khan Academy: [SAT prep and other online courses](#)
- [K12 website](#) – online classes in a variety of subjects
- [DuoLingo – Learning Language App](#): Can learn a language & can “friend” their mentor in the app and compete with each other on how many levels they are completing.
- [New York Times’ The Learning Network](#): Daily lessons for grades 6-12 on civics, social studies, history, and other topics related to current news and events.
- [PBS NewsHour Extra](#): Resources, videos, and articles for students in grades 6-12 in all subjects.
- [HippoCampus.org](#): Videos, animations, and simulations on general education subjects (English, math, science, and social studies) to middle-school and high-school students.
- [Library of Congress Poetry 180](#): Poetry that appeals to teens.

Website to help with learning English

- [Games to Learn English](#)

- [Breaking News English](#)
- [Unite for Literacy](#)
- DuLingo (see above)

Animals

- [Take a virtual tour of a zoo and talk about your favorite animals!](#)

Arts

Do a virtual tour of a museum while you are on the phone together or on video chat.

- [Virtual museum tours by Google](#)
- [Travel & Leisure list of virtual museum tours](#)
- [British Museum Online Artifacts](#)
- [Car Museums offering virtual tours](#)

STEM Activities / Resources

- BBBS's MySTEAM programs online activity sheet. [Linked Here](#).
- [Skype with a Scientist](#): Set up a 1:1 chat with a scientist in a particular field.
- Scientific American, [science projects to do at home for all ages](#)
- [NASA Website for Students](#): Free catalog of articles, activities, videos, and games for students in grades K–12 on topics related to STEM, aeronautics, and space exploration.

Movies/TV/Videos

- Watch a documentary or movie online and then call each other to talk about it. [Get some ideas with this link](#).
- Use [Netflix Party](#) to watch tv and chat together. (Need to have a Netflix account)
- [Watch a Ted Talk](#) together and talk about it afterwards.
- Public libraries have lots of music, movies, and books in their digital collection – all for free with a library card! You can also virtually sign up for a library card in most places. Here are the links for our three programs:
 - o [Framingham Public Library](#)
 - o [Marlborough Public Library](#)
 - o [Waltham Public Library](#)

Music

- Stream a concert while on the phone with each other or FaceTime. [Here is an ever-expanding list of many live-streamed concerts available](#).

Activities

- Play [Words with Friends](#) together, the app can be downloaded for free on most smart phones.
- Become pen pals, write letters to each other.
- Virtual Pictionary – draw something and hold it up to the camera, mentee/mentor has to guess what the image is.
- Listen to a podcast together
 - o With many smart phones there is a podcast app and any number of topics can be searched and shared.
- Research colleges and their applications
- Research majors and careers – do the [MassBay personality test](#) to see what majors they may be interested in
- Set up informational interview 3-way phone calls with friends or colleagues that have a skill your mentee is interested in – take advantage of the fact that many professional’s work schedules are a little lighter these next two weeks.
- [Girl Scouts at Home](#)

Conversation Starters

- Binge-worthy TV shows
- Best book ever read
- Top 5’s –movies, flowers, animals, foods, and so on...
- If you got to host a dinner party and invite 3 celebrities, who would they be?
- If you were stranded on an island and could only pick 1 food to eat every day, what would it be?
- Favorite local restaurant and dish
- Share a recipe (you can cook together on FaceTime too!)
- If you won a million dollars, what would you do with it?
- Where have you traveled to? Where would you like to travel to?
- If you could see someone in concert, dead or alive, who would it be?
- Pick some English sayings and discuss its meaning and origin. Here is a fun website with some <https://www.buzzfeed.com/adamellis/20-surprising-origins-of-popular-sayings>

Exercise

- BalletNova is live streaming dance classes on FB Live, [click here to see the schedule](#). Pick a class to do & have your mentee do it with you. Chat about it afterwards.
- FitnessBlender – [online exercise classes](#).

- Go for a walk outside while video-chatting or on the phone with your mentee. Talk about the need for fresh air every now and then.
- [Online Yoga for Free](#) – do a class with your mentee on video chat.

Coronavirus Information

- Talk about what is going on with your mentee. See how they are feeling and what they are doing to keep up to date with accurate information.
- [Parent/Caregiver Guide to Helping Families Cope with Coronavirus Disease](#)
- [CDC - Talking with Children about Coronavirus](#)
- [CDC website on coronavirus](#)
- [MA-specific information](#)
- [Framingham Public Schools information](#)
- [Corona simulator article from Washington Post](#)

Mental Health

- [Taking Care of Your Mental Health in the Face of Uncertainty](#)
- [Best apps for relaxation](#) and de-stressing
- [Coping With Stress During Infectious Disease Outbreaks \(SAMHSA\)](#)