

# ME BAG

**Bigs:** Relationship development is incredibly important. Not only does it help you and your Little learn more about each other and feel more comfortable, Littles can use this skill to get to make new friends and reach out to others when they need support or guidance. Positive relationship development is key to building our lives. Sometimes children are not equipped with creating or sustaining positive relationships. The goal of this activity is for Bigs and Littles to get to know one another and begin developing a relationship. You can continue to assist your Little with relationship development through meeting with him/her consistently, modeling healthy relationships, and interacting with your Little in positive, encouraging ways.

## **Virtual**

Matches – To get to know one another, we will be doing a “Me Bag” introduction. You and your Little can both fill a bag with 5 things from home that will help you both get to know each other better. Then, during your session, you can share these items and explain what they mean to you. Ideas for what to put in your bag: toys, drawings, photos, favorite food, items of your favorite color, trophies/awards.

## **In-person**

Matches – To get to know one another, each of you will draw 5 pictures that you feel will help your Big/Little get to know you better. Take turns sharing your pictures once they are complete and explain why you chose to draw it and what that object means to you.

## **Examples for pictures:**

Sports/Activities

Family/Pets

Favorite place/vacation spot

Favorite indoor/outdoor activity

Favorite food

Friends