

Sisterhood Isn't Cancelled!

Sisters don't have to be physically close to stay connected! Let's aim to inspire sisterhood and belonging no matter where we are. Below are some ideas for coming together while staying apart. You can also use [this link](#) to create a Bingo card for sisters to keep track of the fun things they are doing together! And don't forget to use the hashtag #SKlivewithheart so everyone can watch and share!

Quizzes & Games

A good way to get to know someone or have fun with someone you already know is to use quizzes and games!



QUIZZES

Use things like online quizzes to get to know each other better. Have each person answer every question or take turns answering different questions.

Example "get to know you" quizzes/questions:

- [Your Food Preferences will Reveal which State You should Live in](#)
- [If You Could Have 9 Desserts For The Rest Of Your Life, Which Would You Choose?](#)
- [11 Personality Quizzes to do with Friends](#)
- [Which Disney Character are you?](#)
- [20 Question Quiz will reveal your personality](#)
- [Best Conversation Ice Breakers](#)
- [The Proust Questionnaire](#)
 - Channel your inner celebrity! Vanity Fair uses these questions in every issue for their celebrity Q&A section.

Cultivate a Virtual Friendship

HOW TO START AND CULTIVATE A VIRTUAL FRIENDSHIP

Be authentic/vulnerable

- We all have struggles in our days. Once you get to know your Dove Connection match, don't be afraid to be yourself – this is a sister, and she may have some of the same feelings.

It's ok to be silly

- Don't take yourself too seriously!

[How to Build Strong Friendships, One Step at a Time](#)



ONLINE GAMES

[Jackbox Games](#)

- 1-8 players can play at a time using the Party Pack
- Others can be an audience with players and audience switching out
- You could engage different groups in the different roles

[Kahoot](#)

- Online games that you can customize for virtual players



Activities

VIRTUAL 5K RACE



- Research apps that you can use to “host” the virtual 5K for free.
- Everyone registers by donating to the Sigma Kappa Foundation.
- Use CrowdChange for fundraising/ registration.
 - Note, the Foundation cannot return funds to chapters who wish to give a prize to the winner. CrowdChange does directly to the Sigma Kappa Foundation account. Awarding a prize would need to come from the chapter budget.
- Give the runners 12 hours to complete the run on a specific date.
- Encourage participants to wear Sigma Kappa attire and to post a photo with their time on social media using a specific hashtag.

VIRTUAL TRIVIA NIGHT



- Use Zoom or Google Meet
- You can find a ton of already crafted trivia games with a simple Google search.
- Have one person ask the trivia questions/ be the emcee
- Have an entrance fee for donation to Sigma Kappa Foundation and prizes (optional)

VIRTUAL PAINT NIGHT



- Channel your inner Bob Ross to host a virtual paint night!
- Find a talented sister who could lead you through a virtual paint party or check and see if there are any local paint night shops doing online parties.

DIY CRAFT NIGHT



- This can be a Sigma Kappa-themed craft or any craft that you make while on FaceTime or Zoom with a Sigma Kappa friend or two. Look through Pinterest for inspiration!

MAKE A SIGMA KAPPA TIKTOK



- “Pass the Brush” Transformation Challenge
 - Get footage of each sister wearing letters, and then have her hold a makeup brush up to the phone camera to blur it. Then, cut to footage of her in full-blown badge attire! Then she should “throw” the brush to the next sister, who will start her video by “catching” the brush and doing the same thing.

BAKE A SIGMA KAPPA-THEMED DESSERT



- Get creative with this one! This could be a lavender shortbread cookie or a red velvet cake that looks vaguely maroon. Your dessert could have edible pearls on it or be shaped like the letters Sigma Kappa. There are no rules here!

ROCK YOUR FAVORITE COLLEGE OR SIGMA KAPPA SWAG



- Throw on your comfiest Sigma Kappa sweatshirt or college colors (or BOTH). Post a selfie with the hashtag #SKlivewithheart! If you’re looking for a challenge, count how many Sigma Kappa clothing items you have. Could you have the most?

PRACTICE MEDITATION OR YOGA TOGETHER



- Either though video chat or at least 6 feet apart, practice some mindfulness together. Pull up a meditation podcast or yoga video.

HOST/ATTEND A VIRTUAL SOCIAL



- While it's not the same as the real thing, why not give it a try? Give it a theme, and come dressed for the occasion.
 - Need a theme idea? Try one of these:
 - Powerful Women: Wonder Woman, Ruth Bader Ginsburg, Leslie Knope, etc.
 - Holidays: Cover yourself in bows to be a birthday gift, dress like a pumpkin to be Halloween, wear pink and red to be Valentine's Day, etc.
 - Where You Live: Dress up as the state you live in-- whatever that means to you.
 - If you want to go above and beyond, vote for a costume contest winner!
 - Use some of the ideas and games from the Inspiring Sisterhood resources, a stellar playlist and of course, everyone can bring their favorite snack!

LISTEN TO AN EPISODE OF THE LOWDOWN PODCAST



- Did you know Sigma Kappa has their own podcast? Consider listening to an episode with some of your sisters and then talk about what you learned.

CATCH UP WITH A SISTER – CATEGORIES!



- Text a sister whose last name starts with the same letter as yours.
- Call a sister who has the same birthday month as you.
- FaceTime a sister who has the same major as you.
- Whatever it may be, catch up with a sister you may not think to talk to as often!
- Come up with your own interesting categories!

DO A VIRTUAL OR SOCIALLY DISTANT WORKOUT



- It can be hard to stay motivated to work out and move our bodies when we're sitting home alone. Coordinate with a sister to do a workout together! Either video chat while you do the same workout or find a wide-open space like a local park and work out 6 feet apart from one another.

PLAN A ZOOM DINNER PARTY



- Pick a date and send an invite out in advance. Plan to eat the same meal or just tell everyone to have their dinner prepared and ready to eat when the dinner party begins. During your dinner "together," share your highs and lows of the week or anything else you want to ask!