

# Miles Apart, Still Grand

A FaceTime Connection Kit for Long-Distance  
Grandparents and Their Grandchildren





# How to Use This Kit on FaceTime

There's no right order and no right way.

This kit is here to support the moment—not direct it.

- **Share the file ahead of time.** You can send this PDF to your grandchild's parent or caregiver so they can print a few pages before your call.
- **Pick one page.** You don't need to do more than that.
- **Follow the child's lead.** Let curiosity and joy set the pace.
- **It's okay to stop early.** Even a few minutes of connection matters.

Use what fits the moment.  
Leave the rest for another day.  
Short calls count.  
Quiet moments count.  
You count.



# Color Together on FaceTime

This section is meant to be shared—one page at a time—while you're on a video call together.

You might both color the same page.

You might color different pages.

You might color for a minute... or not at all.

There's no goal to finish.

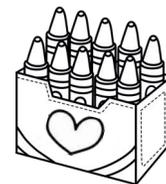
- Hold up your page and talk about the colors you choose
- Let your grandchild show you their picture
- Ask simple questions—or just enjoy the quiet together

If attention drifts, that's okay.

If the page stays mostly blank, that's okay too.

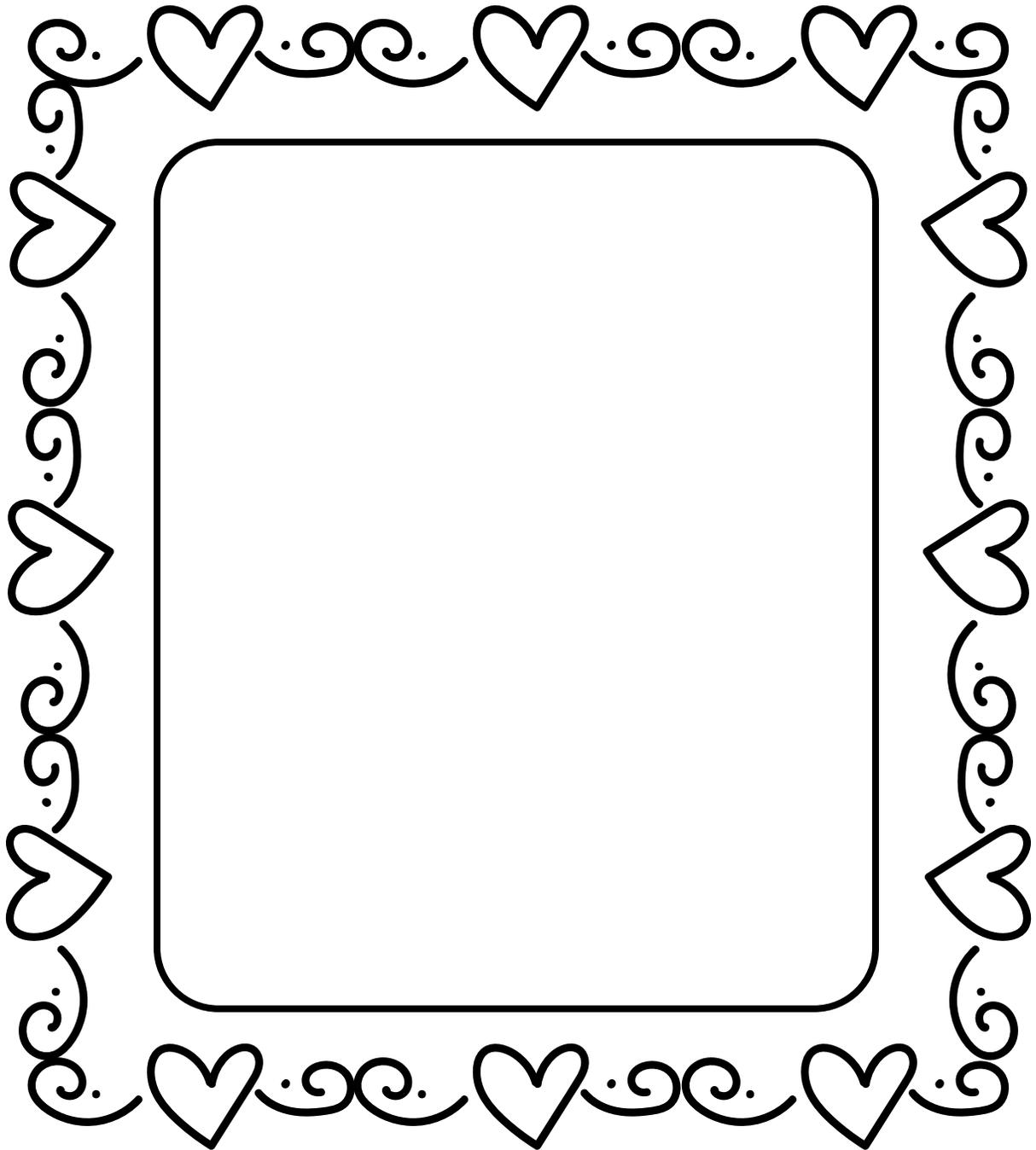
The coloring isn't the point.

The togetherness is.



# This Is Me

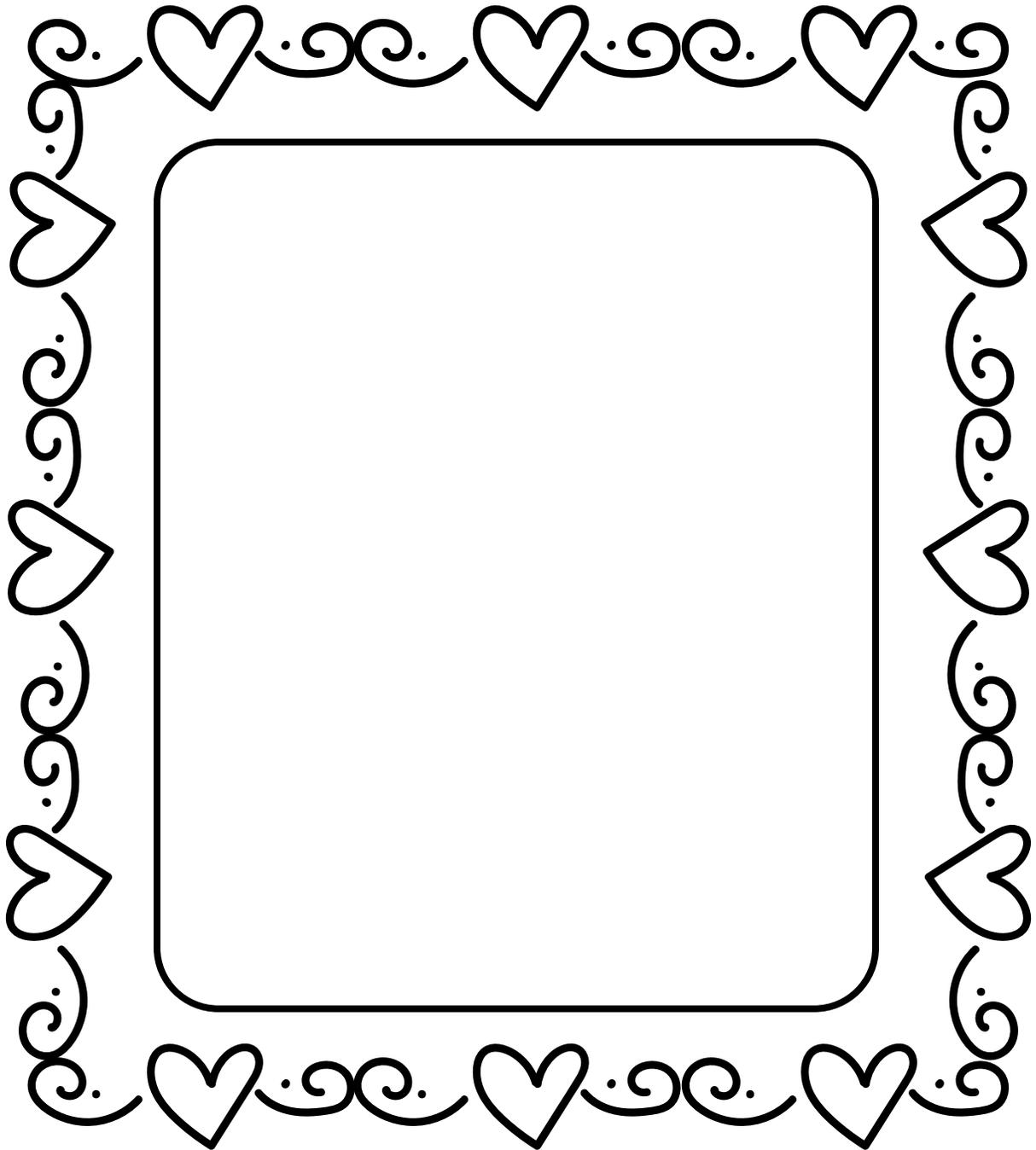
(Grandchild)



Draw a picture of you.

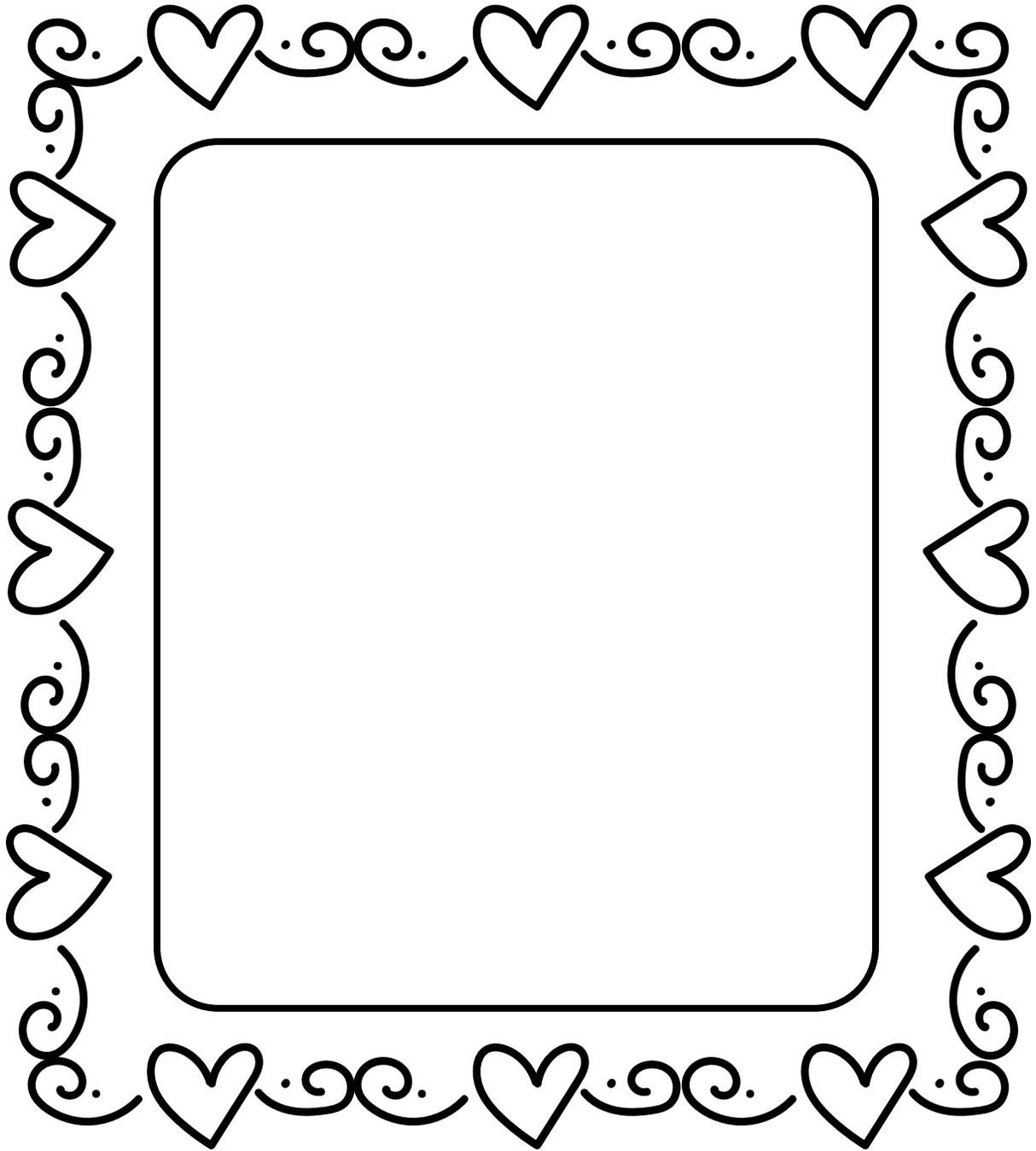
# This Is You

(Grandparent)



Draw a picture of your Grandparent.

# Us Together



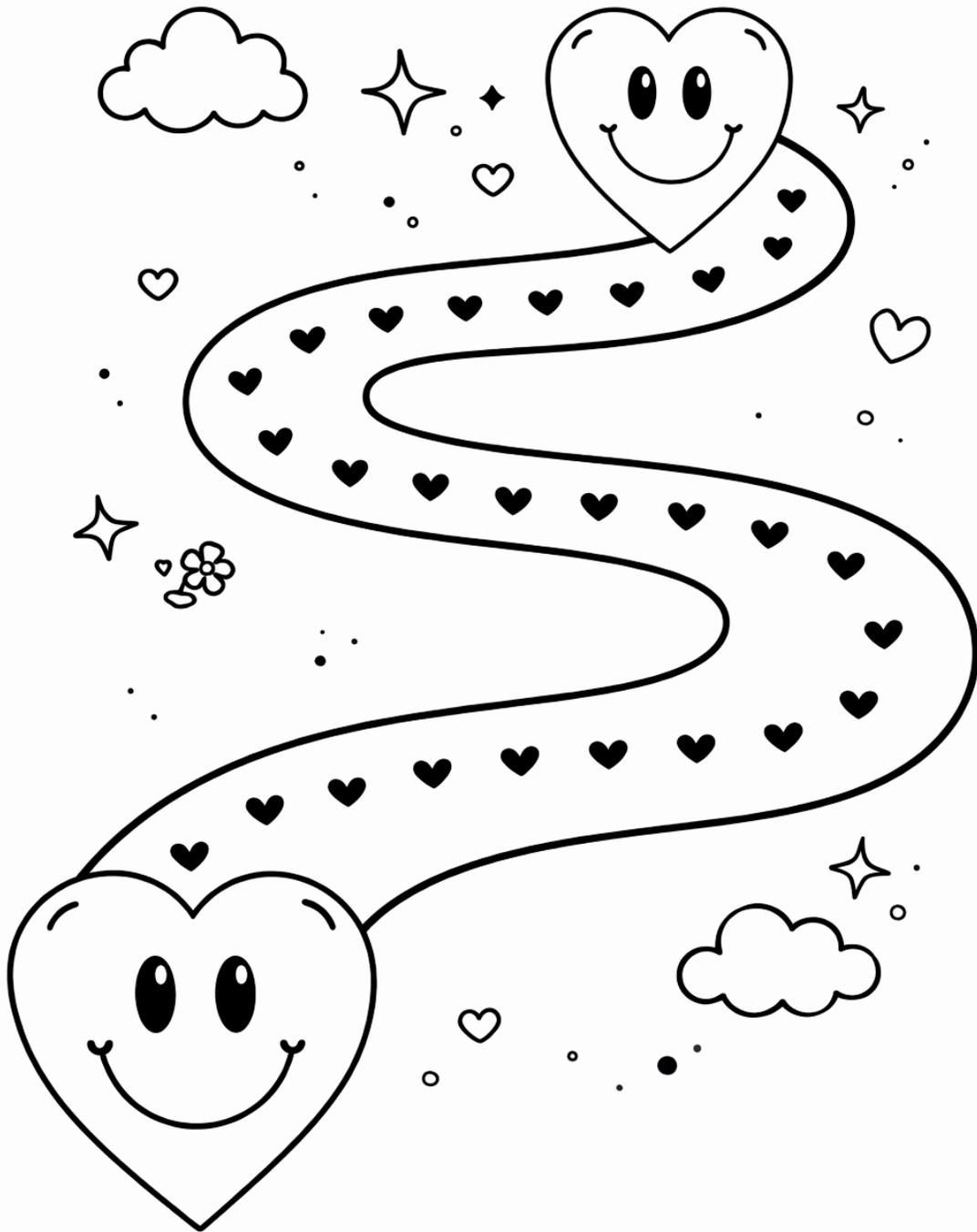
Draw a picture of us together.

# My Favorite Things



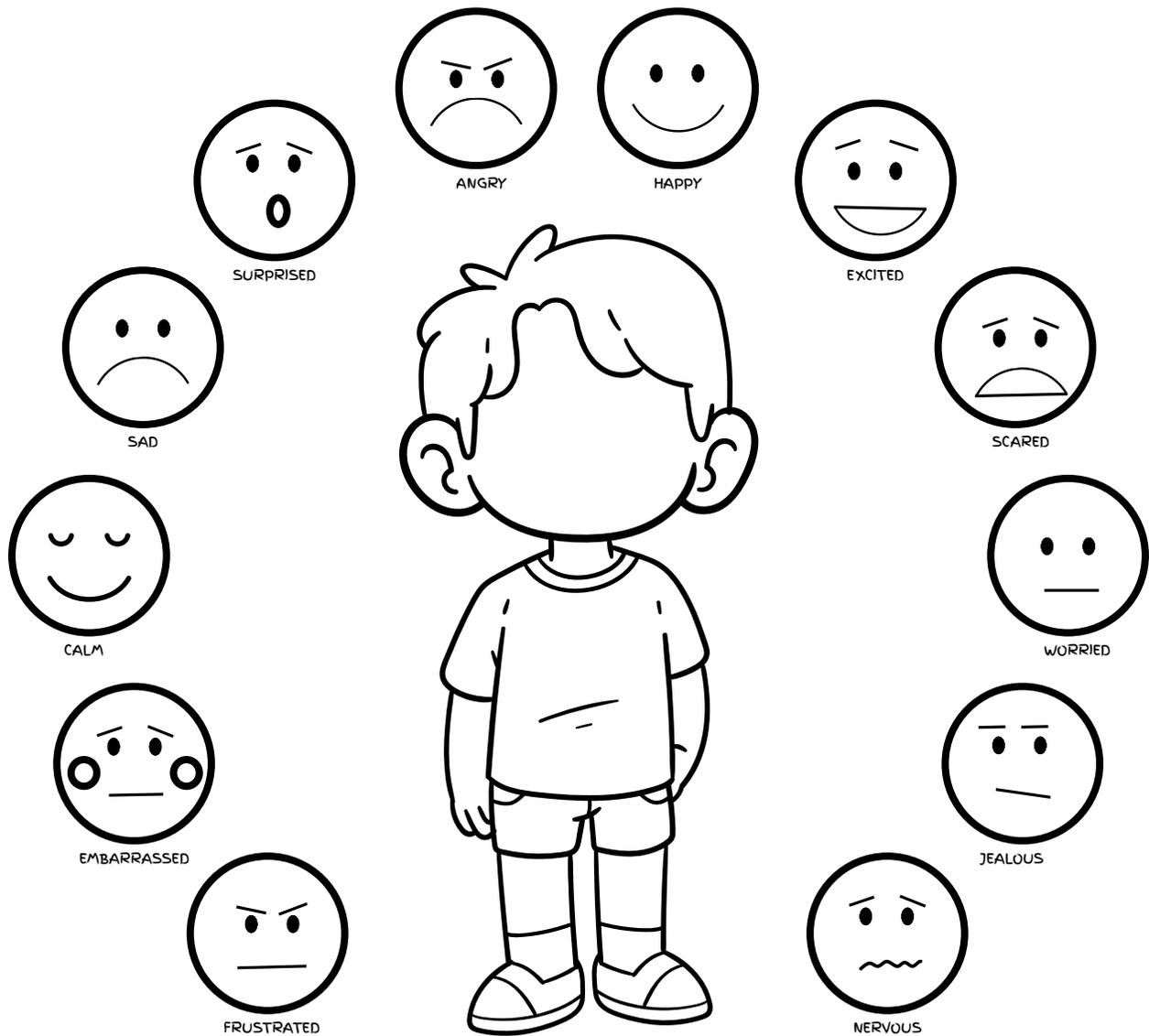
Color or draw your favorite things.  
Tell each other why you like them.

# Hearts Across the Miles



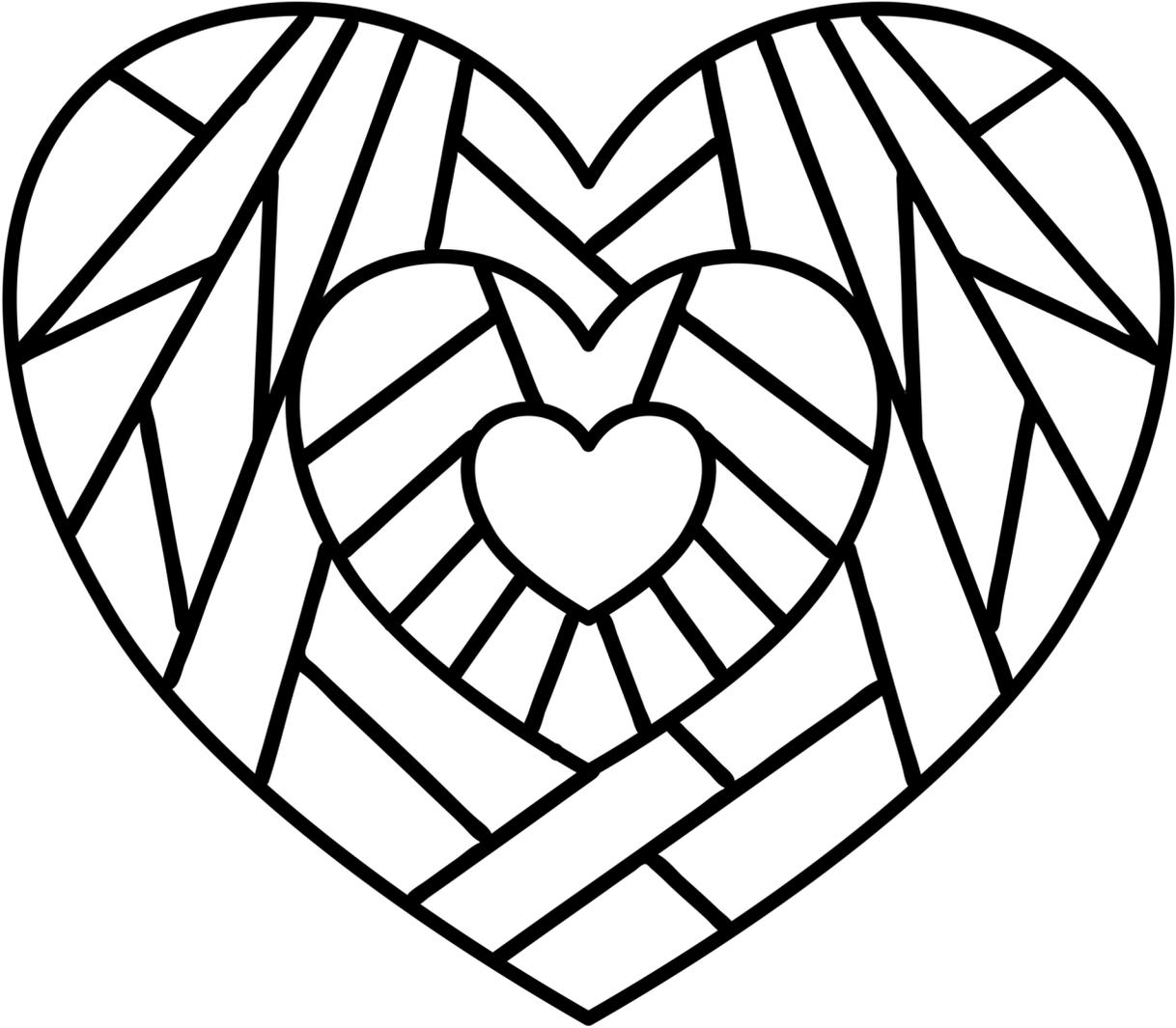
Color the picture together. Talk about where you are and where I am. Even when we're far apart, our love can still reach.

# Today I'm Feeling...



Color the face that feels like you today.  
You can choose one—or make up your own.  
Missing each other can be hard. Feelings change.  
All of them are okay.

# While We Talk



You can color while we talk.  
You can color while we listen.  
You don't have to finish.  
You don't have to fill the space.  
Being together is enough.

# FACE TIME

## PLAYDATE IDEAS

Try one.

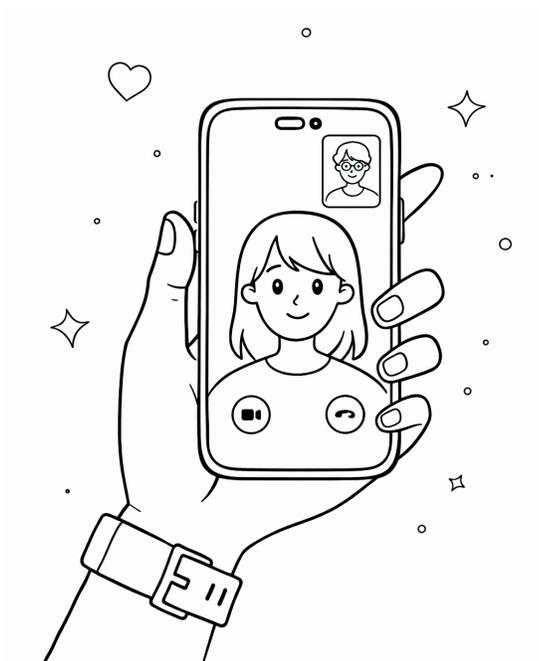
Or none.

Follow the fun.

You don't need to get through every idea.  
You don't need to keep things moving.

If something sparks a smile, stay there.  
If it doesn't, gently move on.

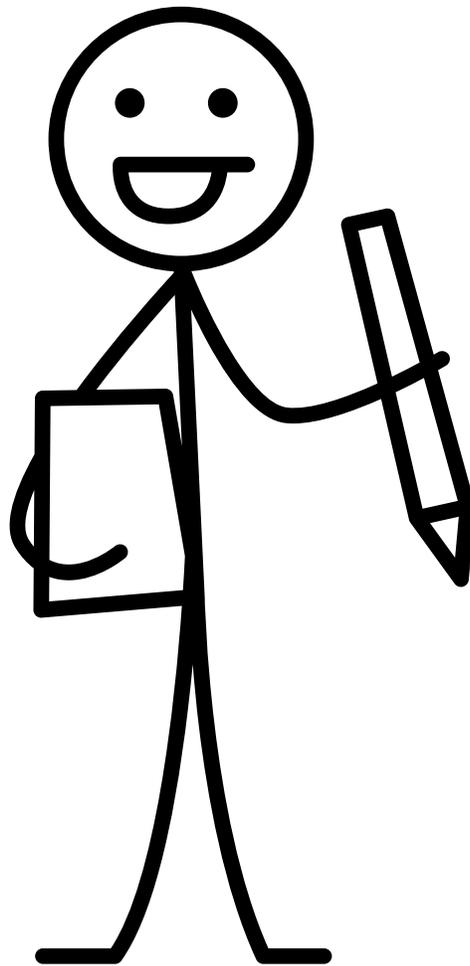
This is about sharing a moment—not filling the  
time.



# Draw Together

Grab a blank piece of paper and let the fun begin!

- Draw the same thing at the same time
- Take turns adding one line to a picture
- Draw each other (stick figures are perfect)
- Draw something you both like
- Let your grandchild choose what to draw next



# Show & Tell

Look around and find something to share.

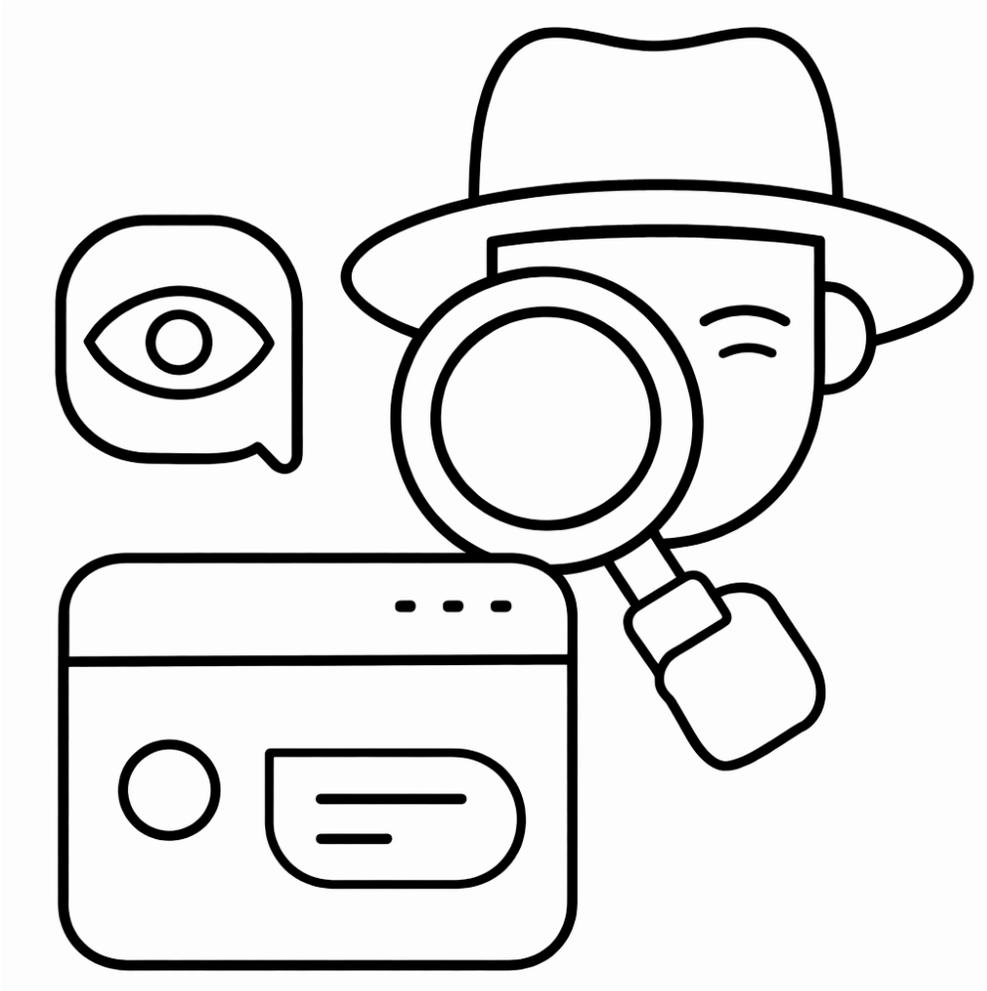
- Show a favorite toy or object nearby
- Take turns choosing what to show
- Show something that makes you smile
- Show something silly or surprising



# I Spy

Get ready to look closely!

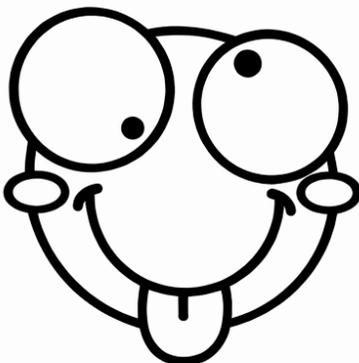
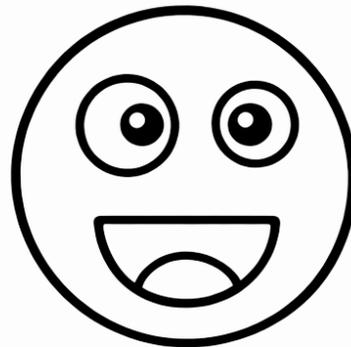
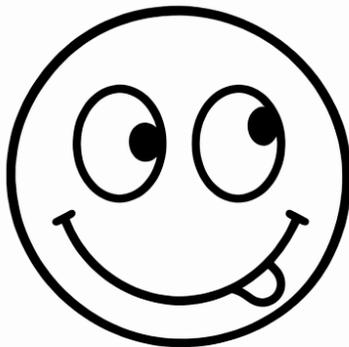
- Say, "I spy something..." and give a clue
- Look for colors, shapes, or fun objects
- Take turns being the one who spies
- Make the clues easy—or tricky
- Let your grandchild make up the clues



# Silly Faces

Make the silliest face you can!

- Copy each other's faces
- Try a happy face, sleepy face, or surprised face
- Hold your face still and freeze
- Take turns choosing the next face
- Laugh at whatever happens



# Guess the Sound

Close your eyes and listen carefully.

- Make a sound using your voice or something nearby
- Guess what made the sound
- Take turns being the sound-maker
- Try animal sounds, claps, or taps
- Let your grandchild surprise you



# Make-Believe Together

Let's pretend!

- Pretend you're at the same place together
- Be animals, characters, or superheroes
- Pretend you're cooking, traveling, or playing
- Add one idea at a time
- Let your grandchild lead the story
- Choose the same kind of toy (a stuffie, car, train, doll, etc.). Play pretend together with it at the same time.



# Read a Story

Maybe you have books from when your children were little. Those stories still matter.

Reading together—especially familiar stories—creates comfort, rhythm, and connection, even across miles.

Try this:

- Choose a favorite story (old or new)
- Set your phone so your grandchild can see the pictures
- Read slowly and let them turn the pages with you
- Pause to talk about the pictures or characters
- It's okay if you don't finish the book



It's not about reading every word—it's about sharing the moment.

# If Today Is a Short Call

Even a few minutes can be special.

Try just one:

- One silly face
- One sound to guess
- One favorite color
- One quick drawing
- One round of "I spy"



Short calls still count.



**Just wanted to say, "hi".**

# Knock-Knock, It's Me!

Knock-knock jokes are meant to be told again and again.

You can read them.

You can act them out.

You can let your grandchild tell them back to you.

If you mess one up, that's part of the fun.

Laughter counts as connection.



# Knock-Knock Jokes

Knock, knock!

Who's there?

Lettuce.

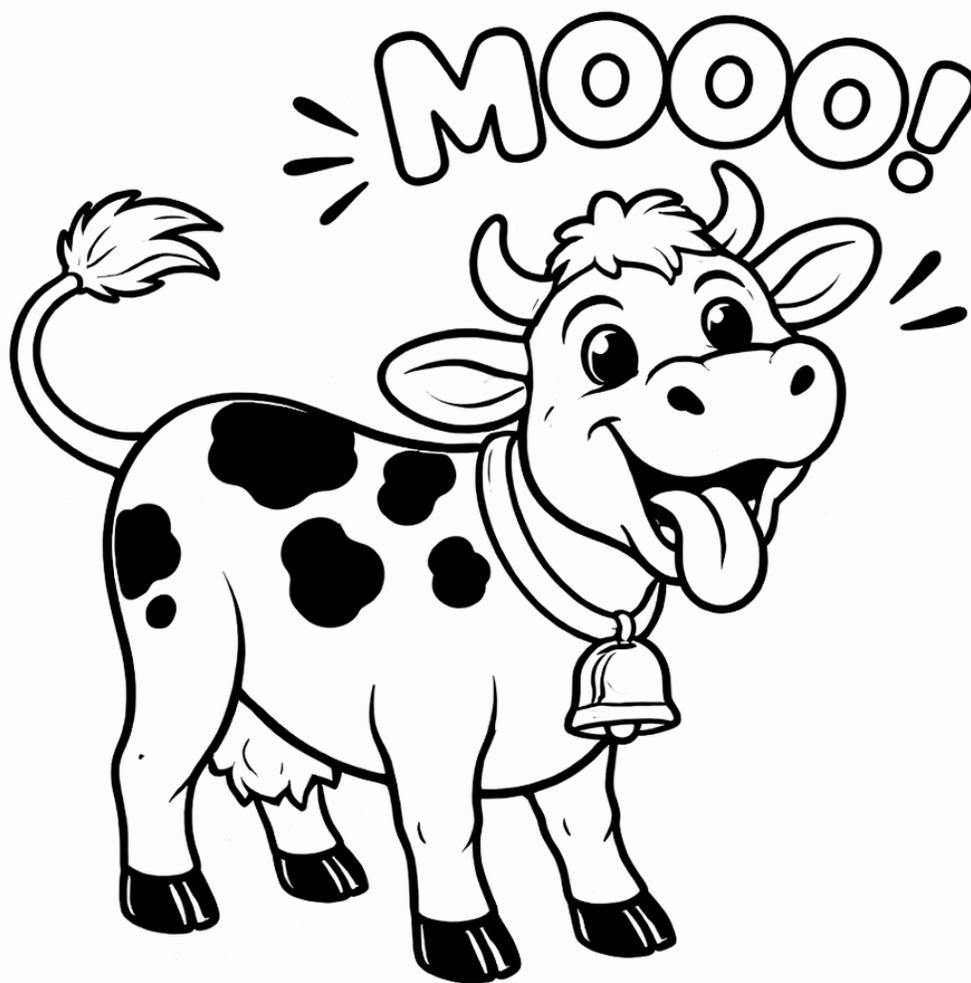
Lettuce who?

Lettuce in—it's cold out here!



# Knock-Knock Jokes

Knock, knock!  
Who's there?  
Cow says.  
Cow says who?  
No silly—cow says moo!



# Knock-Knock Jokes

Knock, knock!

Who's there?

Boo.

Boo who?

Don't cry—it's just a joke!



# Knock-Knock Jokes

Knock, knock!

Who's there?

Olive.

Olive who?

Olive you!



# Knock-Knock Jokes

Knock, knock!

Who's there?

Banana.

Banana who?

Knock, knock!

Who's there?

Banana.

Banana who?

Knock, knock!

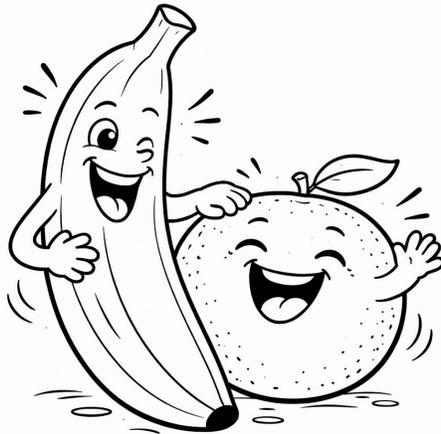
Who's there?

Orange.

Orange who?

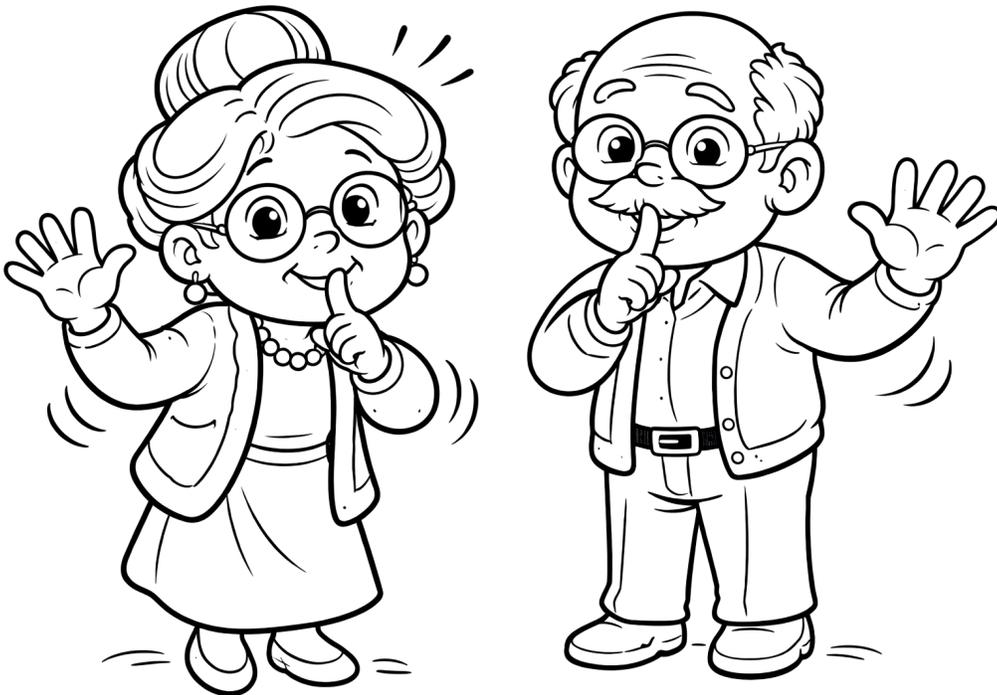
Orange you glad I didn't say banana?

(Yes—this one is meant to be long. Kids love it.)



# Knock-Knock Jokes

Knock, knock!  
Who's there?  
Nana.  
Nana who?  
Nana your business!



# Knock-Knock Jokes

Knock, knock!  
Who's there?  
Tank.  
Tank who?  
You're welcome!



# Make Up Your Own Knock-Knock Joke

Knock, knock!

Who's there?

\_\_\_\_\_ who?  
\_\_\_\_\_!



# Heart to Heart

This section is a quiet place to share love, thoughts, and feelings—heart to heart.

There's no right way to use these pages. Simply take your time and let connection lead.

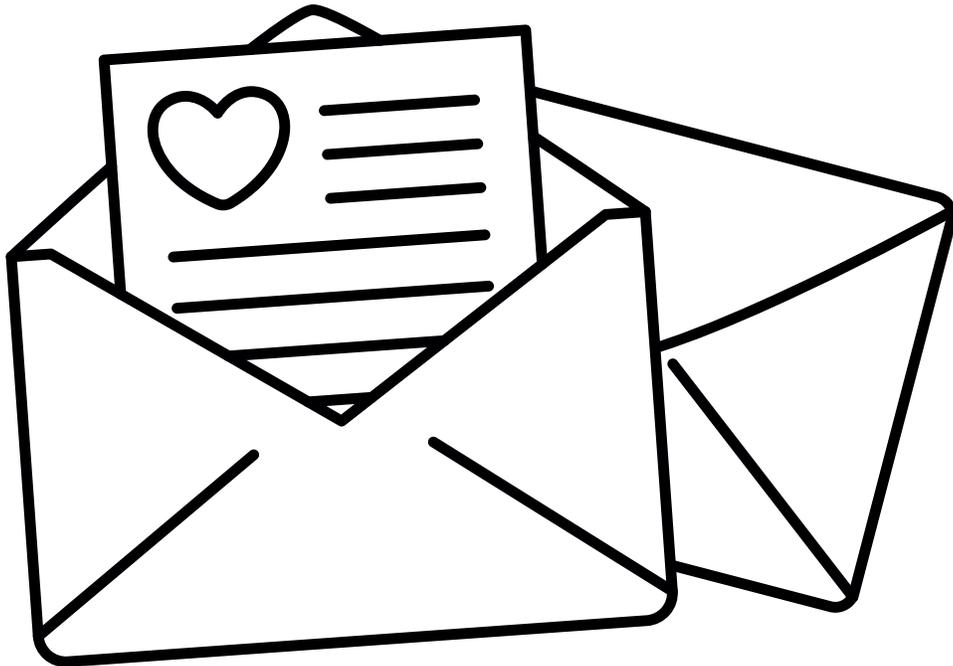


# What I Love About You

You can say these out loud, write them together, or draw pictures instead.

- One thing I love about you is \_\_\_\_\_.
- I love when you \_\_\_\_\_.
- You make me smile when you \_\_\_\_\_.
- My favorite thing to do with you is \_\_\_\_\_.
- I feel happy when I think about you because \_\_\_\_\_.

Optional gentle guidance line (small text at bottom of page):



# When I Miss You

You can talk, draw, or just sit together with these.

- When I miss you, I like to \_\_\_\_\_.
- Something that helps when I miss you is \_\_\_\_\_.
- When I think about you, I feel \_\_\_\_\_.
- One thing that reminds me of you is \_\_\_\_\_.
- When we see each other again, I hope we \_\_\_\_\_.



Missing someone means we care—and love is always close.

# Wish You Were Here

You can pretend, draw, or talk about these together.

- I wish you were here so we could \_\_\_\_\_.
- If you were here today, we would \_\_\_\_\_.
- One place I'd like to go with you is \_\_\_\_\_.
- Something fun we would do together is \_\_\_\_\_.
- When I think about being together, I feel \_\_\_\_\_.



It's okay to imagine—love makes pictures in our hearts.



# About the Author



Rhonda Freeman is a grandma who believes love shows up in small, everyday ways—even across miles.

All of her grandchildren live in other cities, so she's learned how to build connection through FaceTime calls, shared stories, simple games, and quiet moments that don't need to be perfect to matter.

*Miles Apart, Still Grand* was created from real life—out of a desire to help grandparents stay close, feel confident, and remember that presence matters more than planning.

Rhonda hopes this little kit reminds you that love travels far—and that who you are is already enough.

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Printed in the United States of America.

