



HERE ARE SOME IDEAS TO HELP ENSURE WE STAY CONNECTED:

- **Efficient Communication:**
 - Create Group Text to make communication more efficient
 - Create a team phone chain to stay connected
 - Facetime
 - Zoom Meetings: YOU can set up a [FREE account](#)
 - If you want to utilize this technology and have questions contact Gina Reid g Reid@specialolympicspa.org
 - [Google Hangouts](#): Utilizes Google to create a chat room experience
 - Conference Calls: If you need a conference call line reach out to your field director.
- **Daily Communication Ideas:** (Can be done via phone call, text, email)
 - Create a daily **GRATITUDE** Challenge: Share something you are grateful for...
 - Share a **Fitness Challenge** each day and ask them to send you a video or picture of them doing it. (10 push ups, 25 jumping jacks, 15 minute walk, 25 toe touches etc.)
 - Share a [Joke of the Day](#)
 - Share a [Motivational Quote](#)
 - *Ask Athletes to share their favorite jokes or quotes*
- **Fitness/Wellness Ideas:**
 - Use this time to reach your goals! Create fitness/wellness goals and share them so you can help keep each other accountable
 - [SMART goal template](#)
 - [Smart Goal Sample 1](#) [Smart Goal Sample 2](#)
 - Create an exercise challenge (Daily, Weekly or Monthly Goal)
 - Move Challenge (Move XX minutes day/week)
 - Step Challenge (Goal to reach XX steps day/week)
 - Minute Challenge (Goal to exercise XX minutes day/week)

- Train for **Virtual Beaver Stadium Run** (resources to be shared)
 - This is a great opportunity for ALL of us to have a unifying goal statewide...stay tuned for more info on this!!
 - Participation is NOT required
- Virtual Workouts....Check out these AWESOME resources:
 - SOI Workout Videos: [School of Strength](#) (Exercises that partner SO athletes with WWE athletes)
 - Fit Five Workout Videos: [Videos and Resources](#) (Fit 5 Guide and Exercises)
- **Healthy Eating Ideas:**
 - Host a Virtual Cooking Class - this could be athlete or coach led!
 - Encourage a Recipe Share: [Fun Recipe Ideas for Family Cooking](#), [Easy No Bake Recipes](#), [Easy No Bake Recipes 2](#)
- **Other Fun Ideas:**
 - Share photos of each other being active
 - Send cards/notes to each other
 - Make cards for nursing home or hospital
 - Do yard work, or plant flowers
 - Make Thank YOU notes for first responders
 - Virtual Scavenger Hunt: [Nature](#), [Nature 2](#), [City Scavenger Hunt](#)
 - Have them take pictures of what they found and share
 - Have them pose with completed lists and share photo
 - Virtual walks from around the state....athlete walking live?
 - [Virtual Karaoke night](#)
 - [Virtual Movie night](#)
 - Free audio books at librivox.org
 - Start a Book Club
 - Online Gaming
- **Young Athlete Resources:**
 - [Family Flash Cards](#): Fun and engaging flashcards featuring each of the individual activities and at home equipment modifications for parents/guardians to use at home to run Young Athletes.
 - [Young Athletes Videos](#): Videos demonstrating the individual Young Athletes activities.