**Special Olympics Minnesota**

**Unified Club Virtual Activities**

**Special Olympics Minnesota is determined to continue the same quality of support and assistance for students, educators, and schools across the state during this time. This document will include ideas to continue the Unified movement virtually through a variety of activities. This guide will be a living document that will be continuously updated throughout the year with new ideas and activities for you to use and share.**

**You can also find a Unified Club Virtual Agenda below. Please feel free to make it your own!**

**We encourage you to submit any new ideas that we can add to this document to:**

**schools@somn.org**

**Unified Club Agenda/Layout**

Club meetings should be 45 minutes to 1 hour.

**FIRST MEETING AGENDA**

**Hello + Ice Breaker Questions (15 Minutes)**

* Take turns sharing your name/nickname
* First Ice Breaker Question: Why is being in the unified club important to you?
* Second Ice Breaker Questions: What are important rules to have for this club?

**Pick Activities (30 Minutes)**

* Plan out your club meetings for the Semester! How often will your club be meeting? Choose from the provided activities or make your own! Have someone share their screen so everyone can look at the options together and have each person write down their top 3 as you go. Once you go through the list, take turns sharing their top 3 and choose! Planning out your club activities is important to make sure everyone knows what’s coming up and can get excited!

**Wrap up (15 Minutes)**

* End each meeting by talking about the activity for next time!
* Ask if anyone has any fun news they would like to share!

**AGENDA**

**(use throughout the year)**

**Hello + Ice Breaker Question (15 Minutes)**

* Take turns saying your name/nickname and answering an ice breaker question!

**Today’s Activity (30 Minutes)**

* Choose one of the awesome activities below!

**Wrap up (15 Minutes)**

* End each meeting by talking about the activity for next time!
* Ask if anyone has any fun news they would like to share!

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**UNIFIED CLUB GAMES**

**Two Truths and A Lie**

* Write down 2 real facts about you and one fact that is a total lie.
* Read them to your club members.
* Club members try to guess which fact is the lie.
* Whichever member correctly guesses the lie gets to share their “facts” next.

**Scattergories**

* Randomly choose a letter of the alphabet and 5 categories.
* Club members have 60 seconds to think of things related to each category that start with the assigned letter of the alphabet.
* You score 1 point for every category you get and double if you get more than 1 thing in a category.
* <https://swellgarfo.com/scattergories/> can help generate categories and letters.

**Exciting Sponge**

* Each club member grabs a random object in arms-length and makes up a story about that object.
* If you don’t have an object you can default to describing a generic sponge.
* The goal is to exaggerate the truth about what makes that object amazing
* Example: if someone picked up an alarm clock, they could say “this is a relic from the past and someday Indian Jones 2.0, AI edition, will travel back in time and snatch it up for a museum collection.” (<https://youthassistingyouth.com/10-virtual-activities-kids-mentors-covid-19/>)

**Never Have I Ever** (<https://youthgroupgames.com.au/games/never-have-i-ever/>)

* Each club member holds up all 5 fingers.
* One at a time, each club member fills in the phrase, “Never have I ever….”
* The other club members drop a finger if they have done that statement.
* The last person remaining with a finger(s) up is the winner.

**Stranded on an Island** (<https://www.group-games.com/team-building/stranded-on-a-desert-island.html>)

* Divide into group of 5-10. (You can use less than 5 if you need to.)
* Each club member chooses one object they would bring if they were going to be stranded on a deserted island, why they would choose that object and what they are going to do with it.
* After everyone has shared, each group tries to figure out how to improve their chances of survival by combining items in creative ways.
* Find more detailed instructions on the website above.

**Jackbox Virtual Games**

* Visit: <https://www.jackboxgames.com/about/> for all of the details on Jackbox Virtual Games.
* There is a cost for this, but it could be covered by your Club Account!
* If you would like SOMN Staff to host a Jackbox Game for your Club, you can sign up here: <https://schools.specialolympicsminnesota.org/virtual-unified-activities-hosted-by-somn/> (While you are there check out all of the other virtual activities that SOMN can host for you!)

**Comedy Hour**

* Each member should come prepared with their favorite joke, pun, story, or short clip that makes them laugh
  + All jokes should be appropriate for all

**Unified Trivia - Kahoot!**

Visit [www.kahoot.com](http://www.kahoot.com) and create a Kahoot! Account and add the students within the Unified Club to a Trivia Night. Encourage students to create a Unified friendly trivia game for all students to play.

**Trivia Examples**:

1. Special Olympics Trivia
2. Create questions based on Special Olympics history
3. When was Special Olympics founded?
4. What president was the brother to the founder of Special Olympics?
5. There are three different organizations that include “Olympics” in their names. What are their names and what is their purpose?
6. Where was the first Special Olympics Games officially held?
7. Play trivia and award a prize to the winner!

**20 Questions**

* One person chooses one everyday physical object, but they must not say the object they are thinking about
* Then one at a time each participant can ask one yes or no question and the person that thought of the object must answer the question with a yes or no
  + It is helpful to write down the questions people have asked
* Continue to have participants ask questions until a total of 20 questions have been asked
* Take a moment to go over all the questions and the answers
* Then allow participants the opportunity to guess the object
  + If someone guesses correctly the game is over
  + If no one is able to guess the correct answer hints can be provided until someone is able to guess correctly.
* The game can continue and you can pick a new person to come up with an object

**Rock, Paper, Scissors Tournament**

* Choose a club member to challenge.
* Count to 3. On 3 both of you form:
* Rock- fist
* Paper- flat hand
* Scissors- index and middle finger pointing out



* Repeat. The match ends when one person gets 3 wins.
* Who wins?
* Rock wins against scissors, but loses against Paper.
* Scissors wins against paper, but loses against Rock.
* Paper wins against rock, but loses against Scissors.
* Additional Idea:
* Keep a Club Bracket to crown a Rock, Paper, Scissors champion!

**Chandler BING-O**

* Go to <http://www.nickelodeonparents.com/friends-chandler-bing-o/> and print your BING-O cards.
* Watch an episode(s) of Friends together and see who can get BING-O.
* Episodes and seasons area available online on marketplaces like Amazon Video, Apple TV, Google Play and Vudu. These may have a cost associated with them.
* Episodes are also regularly aired on networks such as TBS and Nickelodeon’s Nick at Nite.

**Where in the World?**

* Ask each participant to think about their favorite place in the world
  + This can be somewhere they have been before or somewhere they would like to go someday
* Each participant should be prepared to...
  + Show a picture (this can be done by allowing them to share their screen)
  + Tell us where this place is located
  + When they went and who they went with
  + What they did
  + Why they loved it
  + Their favorite foods or landmarks or activities, etc. from this place
  + Would you encourage other people to go? Why or why not?

**Then What Happened?!?**

* To start one person should make a statement like...
  + There once was a \_\_\_\_\_\_\_ who was named \_\_\_\_\_\_ and they wanted to \_\_\_\_\_\_.
  + The blanks can be filled in with whatever they want
* Then one at a time each participant will make up the next sentence of the story
* After a participant shares their sentence, the group can all ask “Then what happened?!?” before calling on the next participant.

For example:

* + Person 1: “There once was a frog who was named Frank and they wanted to fly just like the birds.
  + Participants: “Then what happened?!?”
  + Person 1: Joe (any participants name), what happened?
    - From here Joe would add a sentence to the story and the group would again ask, “What happened next?!?” Joe would choose a new participant and say, “(Participant’s name), what happened?”
* Once everyone is finished sharing you are sure to have a wild story with lots of twists and turns.

**Guess Who?**

* To start everyone should have their cameras on
* Choose one participant to start
* That participant picks one person on the screen, but they do not say the name out loud.
* Then the other participants take turns asking yes or no questions such as
  + Does this person have long hair?
  + Does this person wear glasses?
  + Is this person wearing a sweatshirt?
  + Does this person have brown hair?
  + Is this person wearing the color red?
    - Members should **not** ask questions regarding gender, weight, or race to ensure the game is respectful and inclusive.
* Alternatively, if the host does not want people to ask questions about physical appearance, they modify the questions to focus on the students background
  + Is this person inside or outside?
  + Is this person in the kitchen?
  + Does this person have pictures on the wall?
  + Is this person sitting at a desk or on the couch?
* Questions are answered using yes or no
* After each question, every participant should ask themselves “Could I be this person?”
  + If their answer is yes, they leave their camera on
  + If their answer is no, they turn their camera off
  + Ex: if the question was, “Is the person wearing glasses?” and the answer is yes, anyone wearing glasses should leave their cameras on. Anyone not wearing glasses should turn their camera off.
* As people continue to ask questions more and more people should be turning off their camera until ultimately you are left with one participant with their camera still on meaning they are the person that was picked at the beginning

**UNIFIED CLUB CONVERSATION + EDUCATION ACTIVITIES**

**Unified Young Readers Guide**

Created by Special Olympics South Carolina, The Unified Young Readers Guide provides books and study guides for teachers to use as they address such topics as inclusion, awareness, friendship, bullying, and acceptance to audiences of both students with and without Intellectual Disabilities. Each book has a theme that relates to multiple state academic standards, and aligns with the precepts of positive school climate initiatives like PBIS and Leader in Me.

**Project**

Assign students various books and prompts to fill out.

**Resources**

1. Unified Young Readers Books
2. Please email schools@somn.org to inquire about options to order books

**Unified Book Club**

Encourage students to read one of the following books and create a virtual book club to discuss what they read. Have them virtually meet for 30-60 minutes once a week to review the section they read.

Book ideas:

1. Eunice: The Kennedy Who Changed the World by Eileen McNamara
2. Wonder by R.J. Palacio
3. Fully Alive by Timothy Shriver
4. Hearts of Gold: A Celebration of Special Olympics and Its Heroes by Shelia Dinn
5. Out of My Mind by Sharon Draper

**Resources**

Need help ordering books? Please email schools@somn.org to inquire about options for ordering!

**Videos & Reflection**

The goal of this project is to broaden student’s understanding and awareness skills related to relevant scenarios one could be in.

* Assign students to watch one Ted Talk and one “What Would You Do?” of the following videos and answer these reflection questions:
* How did watching this video make you feel? Why do you think you are feeling this way?
* How would you describe this video to someone who hasn’t seen it?
* How do these two videos relate to one another?
* What stood out to you from this video?
* What is something you could take from these videos to teach someone else?
* If you could ask the person who spoke in the Ted Talk you chose one question, what would it be?
* If you were in the video “What Would You Do?”, what would you do?
* How do these videos relate to the Unified Movement?

**Resources**

[I’m Not Your Inspiration (Ted Talk)](https://www.ted.com/talks/stella_young_i_m_not_your_inspiration_thank_you_very_much/up-next)

[What Would You Do? (Restaurant)](https://www.youtube.com/watch?v=tHEwEvAXxos)

[Disabling Segregation (Ted Talk)](https://www.youtube.com/watch?v=izkN5vLbnw8)

[Let Me Be Myself (Ted Talk)](https://www.youtube.com/watch?v=zqLYcJ6Ib3c)

**Writing a New Law**

Rosa’s Law was written into law in 2009 through the efforts of Rosa and her family. This law eliminates the use of the word ‘retard(ed)’ from all government and medical files moving forward. The goal of this project is to think of other laws to which can be enacted to promote inclusion for individuals with disabilities in society. This can be an individual or group project.

**Project**

* Research Rosa’s Law
* Brainstorm ideas for new laws
* Think of discrepancies/injustices in different systems of societies (education, housing, healthcare, employment, etc)
* Where is there a gap?
* Draft a paragraph for how this new law could be written
* Write a letter to your local representative advocating for change

**Resources**

* [Rosa’s Law](https://www.specialolympics.org/stories/news/rosas-law-signed-into-law-by-president-obama)
* [Who is your Local Representative?](https://www.gis.leg.mn/iMaps/districts/)

**What is Your Moment?**

The Unified Movement impacts everyone in their own unique ways. The goal of this project is to self-reflect on those moments where unified took hold and changed lives.

**Project**

* Watch Patrick & Megan’s moment
* Reflect on this video
* What stood out?
* What impacted you the most?
* What is your moment when unified impacted you the most?
* How can we provide more ‘moments’ to happen?
* Record your answers either in the form of paper, using a blog website, or use your phone to record your thoughts.

**Resources**

* [Patrick & Megan’s Moment](https://www.generationunified.org/videos/megan-and-patricks-moment/)
* [The Mighty blog website](https://themighty.com/)
* [Moment Series Videos](https://www.generationunified.org/video/)

**Take a Unified Virtual Field Trip**

Virtual field trips are a great way to explore new places from the comfort of home. In this age of technology, so many museums, zoos and aquariums have set up virtual tours and webcams of their facilities. Now more than ever, is it easier to visit destinations around the world from the comfort of your couch.

[Virtual Field Trip Link](https://adventuresinfamilyhood.com/20-virtual-field-trips-to-take-with-your-kids.html?fbclid=IwAR1ANOF4W716IlCCeGFjrGd5_qdXD2k25cd5YvwqxiFIEtIvXdZ0CDeLNeg)

**Virtual Unified Cooking**

Have your Unified students cook the same recipes and then share! Once they are done cooking, have them share a video or photos of their process.

[FREE Cooking Classes for Students](https://www.delish.com/food-news/g31786555/delish-instagram-live-kids-cooking-class/?utm_source=facebook&utm_medium=social-media&utm_campaign=socialflowFBDEL&fbclid=IwAR1tz-SueQNcDfYv57sIBAqpRJjLNAgJdAiRllEJMYuoWdSiX_PYOjNGjgc)

**UNIFIED MOVEMENT ACTIVITIES OFFLINE**

**Pen Pal Program in your School**

Connect with your club members on a whole new level! Pair up with new friends and have fun

**Step 1:** Appoint one or two Pen Pal supervisors such as your Unified Club teacher/liaison. These individuals will collect, screen, and distribute the letters each week.

**Step 2:** Determine a Pen Pal schedule for writing and receiving letterings. Ex. letter schedule (ex. once a week, bi-weekly or once a month). Additionally, set an end date for the program.

**Step 3:** Determine Pen Pal writing prompts. Please see examples below:

*Suggested writing prompts:*

* Letter 1/week 1: Who are you?
* What is your name
* How old are you/what grade are you in?
* What is your favorite thing to do?
* What is your favorite color, movie, and food?
* What is your dream job?
* Letter 2/week 2: School involvement
* What school subjects are you interested in?
* What school clubs are you involved in?
* What is your favorite and least favorite part about school?
* What do you want to do after school?
* Letter 3/week 3: Hobbies and sports
* How do you spend your free time?
* What is your favorite sport?
* What kind of music do you listen to?
* Do you journal, create art or poetry?
* If you could learn one new skill what would it be?
* Letter 4/week 4: Unified Club
* What has been your favorite Unified Club activity?
* What have you learned from being a part of a Unified Club?
* What is something you would like to do with your Unified Club?
* Would you like to participate in this Pen Pal Program again?

**Step 4:** Advertise your Pen Pal Program and gather a list of people interested in participating.

**Step 5:** Match Pen Pals. Try to match individuals with and without intellectual disabilities together. If you have an odd number, encourage other peers outside of your Unified Club to join or find a club member interested in partnering with two individuals.

**Step 6:** Assign one individual from each pair to write the first letter. Submit all letters to the Pen Pal Supervisor. The supervisor will screen the letters and deliver them to the appropriate person.

**Step 7:** Learn about your peers and have fun! Once the Pen Pal program is finished, consider if and when you want to start the program again.

**UNIFIED CLUB ART + CRAFT ACTIVITIES**

**Unified Coloring Pages**

Challenge your students to a coloring contest! Have them color these Unified templates and submit to you. Then, have them vote on their favorites. Finally, share these on social media!

Resources

1. [Unified Coloring Pages](https://www.dropbox.com/sh/vre3galtxvzxqso/AABH7PFVCriaywN2jhvTZSI9a?dl=0&utm_source=hs_email&utm_medium=email&utm_content=85718391&_hsenc=p2ANqtz-8dDkme0F0dgMVZVBXo3o0Dyo6_k2nDTMH1sk51jsNyMaUMRuz3aUF64eTMzVesv-usVNVjE1rXw5KcSlx1HMMrj_UmWA&_hsmi=85718391)
2. [PACER’s NBPC Coloring Pages](https://www.pacer.org/bullying/classroom/elementary/activities/coloring-book.asp)

Social Media

1. Special Olympics Minnesota accounts:
2. Instagram: @SOMinnesota
3. Twitter: @SOMinnesota
4. #ChooseToInclude #UnifiedGeneration

**Guided Paint Night**

Tap into your creative side with a guided paint night! Follow the instructions below to get started:

**Step 1:** Set a date and time for your guided paint night and communicate this with your club.

**Step 2:** Find a guided paint video on YouTube. Use this link for potential videos: <https://www.youtube.com/results?search_query=guided+painting+for+beginners>

**Step 3:** Ensure every club member is prepared with paint and a canvas. Use your club funds to purchase supplies that can be mail out to participants. If individuals do not have or do not want to use paint and a canvas, participants can use markers, crayons or color pencils and paper.

**Step 4:** Start your Guided Paint Night! Kick of the evening with an icebreaker.

***Icebreaker Questions (create your own or use the ones below):***

* What is your favorite form of art to create? (ex. paintings, sculptures poetry, music, theater)
* What is your favorite form of art to see/experience? (ex. paintings, sculptures poetry, music, theater)
* Who is your favorite artist?
* If you were a professional artist, what would you do and what would you create?

**Step 5:** Share your screen and start the guided paint video. Feel free to pause the video for participants to ask questions and catch up.

**Step 6:** Finish the video, finalize your art piece and show it off! Create a gallery and take turns presenting your art to group members.

**Step 7:** Debrief and Discuss!

***Discussion Questions******(create your own or use the ones below):***

* What do you plan to do with your painting?
* If we were to do this activity again, what would you want to paint?

**Origami Zoo**

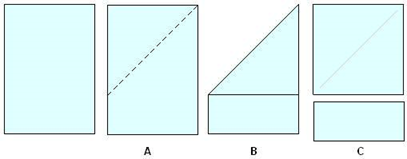
* Mail each club member a pack of origami paper or have them cut squares from paper they have at home (printer paper or notebook paper is fine- it just has to be cut into a perfect square):

**How to Cut a Square from a Rectangle Sheet of Paper**

1. Take a sheet of rectangular paper and fold it as shown.

2. Use the edge as a guide to cut off the lower rectangle.

3. Unfold the triangle and you will get a square with a diagonal crease in it. You can save the excess paper for another project.



* Each time you meet have one club member teach a new origami animal (a few tutorials can be found at the sites below):
* <https://origami.guide/origami-for-kids-animals/>
* <https://www.origami-fun.com/origami-animals.html>
* <https://www.origamiway.com/origami-animals.shtml>

* Create a zoo with all of your animals!

**Create Your Own Puzzle**

Build a Unified puzzle online! This is a great leisure activity to do with a friend or a group using an online video platform.

[Create your own](https://www.jigsawexplorer.com/create-a-custom-jigsaw-puzzle/) OR click on any of the following puzzles to start building today.

* [Special Olympics MN Logo](https://jigex.com/cvQ5)
* [Unified Students](https://jigex.com/rEWZ)
* [Unified Sports Logo](https://jigex.com/wZkz)

**UNIFIED CLUB SOCIAL ACTIVITIES**

**Pro Sports Virtual Viewing Party**

Host a virtual sports viewing party with your Unified Club and cheer on your favorite teams together. Follow the steps below to get started:

**Step 1:** Decide what sport you want to watch. If there are no live sports available, turn your sports viewing party into a Netflix or Hulu movie night.

**Step 2:** Pick a game and determine the date and time for your club. Depending on the length of a typical game, determine how many quarters, innings, or periods you would like to watch. For example, if you are watching football together, it may be best to watch the first half together.

**Step 3:** Start the viewing party! Schedule the party to begin 15 minutes before the game’s start time. Kick off the party with icebreakers and score predictions.

***Icebreaker Questions (create your own or use the ones below):***

* What team are you rooting for?
* What is your favorite professional sport and team?
* If you could play one sport professionally what would it be?
* What is your favorite game day snack?

***Score Prediction Game***

* Have each participant predict the total combined score of both teams at the end of each quarter/period. The participant who is the closest at the end of each quarter/period wins!
* Feel free to add fun prizes that can be mailed to club members or keeps things simple by giving winners a virtual high-five.

**Step 4:** Watch the Game! Cheer for your team, add fun commentary and during commercials catch up the discussion questions below.

***Discussion Questions******(create your own or use the ones below):***

* Who is your favorite player?
* If you were playing in the game, what position would you be?
* Have you watched a profession sports game live? If so, what game and when?
* What sports do you not like watching?

**Step 5:** Plan some fun break-time activities. At the end of each quarter/period determine the score prediction winner and plan some fun competitions. See examples below.

***Competitions (create your own or use the ones below):***

* Give a Team Spirit Award to the individual with the most team pride. This could be determined by their cheering or team gear.
* Give a Game Day Chief Award to the individual with the most appetizing or creative game day snack.

**Step 6:** Enjoy the game and have fun!

**Zoom Scavenger Hunt**

If you are looking for a fun new way to connect with your Unified Club, host a Virtual Scavenger hunt! This activity can be done without any equipment and minimal prep. It just requires you to get creative with household items. Follow the steps below to get started:

**Step 1:** Set a date and time for your virtual scavenger hunt and communicate this with your club.

**Step 2:** Divide the group into group of 3-5 people (can vary depending on the size of your club) and task them with the assignment of meeting with the group before the scavenger hunt. During this group planning time teams will come up with a list of 10-15 household items for other teams to find during the scavenger hunt. Ex. Tissue box, brown shoes, something someone else made for you, something you’ve owned since you were a baby.

**Step 3:** Start the Scavenger hunt(s)! Each team will take turns assigning their list to the other teams. Teams searching will be given 3-5 minutes to find the items and the team who created the list will wait and judge the results. The team that can find the most objects in the given time is the winner. Switch off searching and judging roles until every team has experience the role of judge.

***Recommendations:***After each round, have players present what they found.This is a great opportunity for team encouragement and positive moral.

**Step 4:** Have fun and happy scavenging!

**Online Quiz Virtual Icebreaker**

Get to know your Unified Club through a fun interactive quiz! Answer get to know you questions around every topic and engage your group with friendly competition. Follow the steps below to get started:

**Step 1:** Go to the Quick Breaker website found [here](https://www.quizbreaker.com/?via=sn1) and start your free 14 day trial.

**Step 2:** Have you and your team answer some fun icebreaker questions prompted by the website.

**Step 3:** When all club members’ answers are submitted, take the quiz to guess which club members submitted each answer.

**Step 5:** Set up a club meeting (via Zoom or any other virtual platform) to discuss the results and learn more about your team.

**Ice cream social**

I scream, you scream, we all scream for ice cream! What’s more fun than an ice cream social?! Follow the directions below to make this dream a reality.

**Step 1:** Set a date and time for your virtual ice cream social and communicate this with your club. If club members do not like ice cream, encourage them to join and participate with other tasty treats.

**Step 2:** Prepare club members to participate in the Ice Cream Master Chief Challenge where everyone competes to make the most creative, scrumptious and over the top ice cream creation.

**Step 3:** Start your ice cream social! Kick of the party with any of the icebreakers below.

***Icebreaker Questions (create your own or use the ones below):***

* What is your favorite ice cream/treat shop?
* What is the weirdest thing you like to pair with ice cream? French fries? Cheese?
* If you could invent a favor of ice cream, what flavor would it be?

**Step 4:** Show and tell! Share your ice cream creation and swap recipes.

**Step 5:** Vote on your favorite ice cream creation. Determine one winner or create different categories for multiple winners. Ex. most colorful, most creative, most likely to give a sugar rush. Feel free to add fun prizes that can be mailed to club members or keeps things simple by giving winners a virtual high-five.

**Step 6:** Socialize and have fun!

***Additional activities:***

* Share Ice cream recipes. Ex. How to make healthy ice cream with bananas.
* If you were a flavor of ice cream flavor, what flavor would you be? Have one facilitator collect the answers privately (through private chat). Have club members guess which individual matches with each ice flavor.

**“Do You REALLY Know Your Team?” Activity**

Get to know your team in a new fun way! Follow the steps below for more information:

**Step 1:** Set a date and time for your club hangout and communicate this with your group.

**Step 2:** Before the start of next meeting ask your club members to answer 3-5 “about me” questions. Submit all answers to one group facilitator.

***Potential “about me” questions:***

* If you were an animal, what animal would you be?
* If you could only eat one food for the rest of your life, what would it be?
* If you could have one superpower what would it be?
* If you have a million dollars, what would you do with it?
* If you could learn one new skill, what would it be?

**Step 3:** Start the hangout! At the meeting, have the facilitator share the answers and have your teammates try to pair the answers with the right person. Once everyone has guessed, reveal who gave what answer.

**Step 4:** have fun and get to know your team!

**Obscure Holiday Celebrations**

Did you know that most every day has an obscure holiday associated with it? Pick an obscure holiday and celebrate!

* <https://www.timeanddate.com/holidays/fun/>
* <https://nationaltoday.com/obscure-holidays/>
* <http://www.holidayinsights.com/moreholidays/>

**Netflix Viewing Party**

Watch your favorite Netflix show or movie with friends. [Netflix Party](https://www.netflixparty.com/) is a new way to watch Netflix with your friends online. Netflix Party synchronizes video playback and adds group chat to your favorite Netflix shows.

A few movies and shows we recommend related to disability:

The Secret Garden (G)

Wonder (PG)

Love on the Spectrum (PG)

Atypical (PG-13)

The Peanut Butter Falcon (PG-13)

Crip Camp (R)

The Fundamentals of Caring (R)

**Talent Show**

Share your talent with your group! Let people choose if they would like to share their talent or sit back to watch. Everyone sharing their talent gets 1 minute to show their stuff! Protip-- show these awesome Americas Got Talent videos to inspire the group 😊

Storm Troopers Dancing: <https://www.youtube.com/watch?v=usO_6-RuCrg&t=26s>

Kodi Lee Singing: <https://www.youtube.com/watch?v=DAPkOxRnh4c>

**Group Karaoke**

What’s better than singing everyone’s favorite songs together?! Pick someone in your group to be the “DJ.” The DJ must be knowedgable in Zoom (or other technology being used) and have the ability to find the (appropriate) song on Youtube + share their sound with the group! Take the first 5 minutes and have everyone send their favorite song to the DJ via the chat function! Pick someone to go first to announce their song, then have them choose the next person to announce their song and sing the night away!

**Share Your Baby Picture**

Get to know your club members even better by having everyone share a baby picture + sharing their favorite childhood memory! Want to have even more fun? Have someone collect everyone's baby pictures 1 week before the meeting and take turns guessing who is who!

**Club Breakfast**

Grab your cereal and enjoy some time in the morning with your club! Take turns telling each other about what your plans look like that day!

**Club Lunch**

Grab your sandwich and enjoy some lunch time chatting! Take turns sharing something that has made you happy that morning.

**Club Dinner**

Ring the dinner bell and enjoy dinner with your club! Take turns sharing what everyone did that day!

**Themed Thursday**

Pick a fun theme to light up your meetings! Hawaii, animals or even just choosing a color to wear!

**This is ME**

Get to know your club members! You can designate an entire club meeting to this OR at the beginning of each clun meeting, have someone take 10 minutes to present about themselves. Assign days at the beginning of the year so everyone knows when their turn is. Create a poster, share childhood pictures + more! Answer the following questions about yourself- 1. What's your favorite class? 2. What's your favorite food? 3. Where were you born? 4. How many siblings do you have? 5. What's your favorite sport?

**Show and Tell**

* Each member will go around and show the group an object (or a picture if needed) that is important to them.
* Then the presenter can tell the class whatever they want about the object
  + Why it is special
  + What is it used for
  + Where did you get it
  + What is the story behind it
  + Who made it
* Depending on how much time/members you have make a time limit for each person to share and if time allows you can let members ask additional questions about someone's object if they are still curious.

**Kindness Chain**

* Each member will have an opportunity to share about a time that someone said something kind to you
  + Tell us what they did
  + How it made you feel
  + Why you think they did it
* Then the member should share about a time they said something nice to someone
  + Tell us what you said
  + How it made you feel
  + Why you said it
* Talk about the power of words and how we can use them in a positive and negative way
* At the end members can talk about how they can be kind to someone else in the next few days

**Random Acts of Kindness**

* Start by discussing what a random act of kindness is and make sure to clarify that...
  + They are something you decided to do without being asked
  + They are something you do without expecting anything in return (including praise)
  + They might be something you do without anyone knowing it was you
  + Most of the time they are for a stranger
  + They do not need to be random but they should be done with the sole intention of being kind to someone else.
* Ask members if they have ever...
  + been on the receiving end of a random act of kindness
  + Watched someone else preform a random act of kindness
  + Preformed a random act of kindness themselves
* As members are sharing the host should keep a running list of the acts of kindness
* Once everyone has shared as a group you can continue to brainstorm more acts of kindness
  + This [link](https://coffeeandcarpool.com/100-acts-of-kindness-for-kids-challenge/?utm_medium=social&utm_source=pinterest&utm_campaign=tailwind_tribes&utm_content=tribes&utm_term=627265030_24159916_20964) has a great list
* Ask members to pick one random act of kindness that they could perform within the next week.

**Find a Rainbow**

* The host can start with the color red, they can ask everyone to find an item that is nearby that is the color red
* once everyone has their item they can hold it up to the camera so everyone can see (if time allows you can look at each person's item one at a time otherwise you can have everyone hold them up at the same time)
* Once people have had the chance to look at others items the host can ask everyone to find an item near them that is orange and have everyone hold up that item
* This process continues for each color of the rainbow until everyone has made their own rainbow out of random items nearby

**UNIFIED CLUB SPORTS + FITNESS ACTIVITIES**

[**Fit Five**](https://specialolympicsminnesota.org/get-involved/athletes/healthy-athletes/fit-5/)

Your health is so important--especially now, when you might not be getting out and about as often as you'd like. Fit 5 is a fitness resource to help you stay healthy by tracking **physical activity, nutrition, and hydration**. Here's how you can join the fun and be entered to win an **Apple Watch!**

Step 1: [Print out the Fit5 Tracker (PDF)](https://specialolympicsminnesota.org/wp-content/uploads/2020/03/2020_fit5_tracker.pdf). If you don’t have access to a printer, try drawing your own tracker.

Step 2: Track your fitness and health for two weeks.

[**School of Strength**](https://www.specialolympics.org/school-of-strength)

* Introducing a whole new way to exercise, featuring WWE Superstar Becky Lynch. Work out with these videos five times a week to help you stay fit and reach your athletic goals. Watch them in order starting with Video 1. When you can do each exercise in a video correctly, it’s time to move on to the next one
* Fill out a Fitness Tracker to get the most out of your workouts. Download or print out your tracker, and write down when you work out. Seeing your progress on paper can motivate you, help you set realistic fitness goals, and even beat them.

**Guided Yoga**

* The host should begin by finding a video for guided yoga that all members will be able to participate in for example...
  + [Yoga](https://www.youtube.com/watch?v=jqooMm0rCe4&list=PL8wA2LASmanX4Lltach_F8UApFP0uUxP6) for those who use a wheelchair
  + [Yoga](https://www.youtube.com/watch?v=X9fXx0y3Zr4&list=PLEs9dX8UXFZpD4n4gS-Upe-DcR0z3_9NE) for beginners
  + [Yoga](https://www.youtube.com/watch?v=FpnRc2MMGr4) for people with physical limitations
* The host can pick a video and share their screen with everyone as they all follow along
* Make sure to remind people to only do what feels comfortable, if something hurts stop and switch to a position that is comfortable for them and let them know they can stop at any time if they wish.

**Unified Student Led Workouts**

The goal of this is to allow students to teach the classroom a workout of their making. Unified pairs will create a workout, record videos or photos of them doing and teaching the workout, and finally share the workout with the classroom.

**Student Led Workout**

1. Students are paired and create their workout that they would like to present to the class. Can design a workout that must include the varying types of exercise: endurance, strength, balance and flexibility.
2. Seek approval from teacher and get started
3. Start planning workout
4. 20-minute workout (Example: Endurance Workout)
5. Warm up
6. March in place
7. Jumping jacks
8. Toe touches
9. Main workout
10. Jog/run
11. Squats
12. Lunges
13. Push ups
14. Sit ups
15. Plank
16. Cool down
17. Heel to toe walk
18. Stretching
19. Yoga poses
20. Record and post workout to share with class
21. Students must record them doing the workouts that their classmates shared and post evidence to the teacher

**Resources**

Based on the day each Unified pair presents, challenge them to incorporate

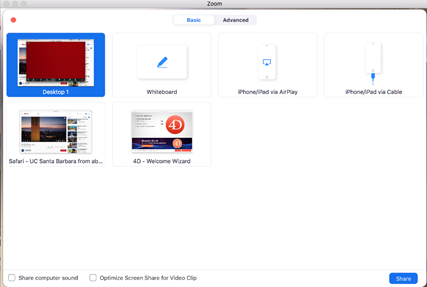
[Shape America’s March Mind & Body Calendar](https://www.shapeamerica.org/uploads/pdfs/2020/calendar/March-2020-Secondary-Calendar-English.pdf) into their workout

**Dance Party**

* Create a playlist with your favorite music streaming service.
* In Zoom: Share your screen and your computer sound:
* Ensure that you are logged in as the Host
* Click on the green "Share Screen" icon:



* You will see a pop-up window where you select your desktop or application.
* Select a screen to share.



* Click the check box in the lower left that says "Share computer sound"
* Now when you are in screen share mode it will play all computer sounds to the audience
* Show off your best dance moves!

**Just Dance**

* Select a Just Dance video from [Youtube](https://www.youtube.com/playlist?list=PLwHV_IsfFvuTMbENgvP7XeWepHfpu2m1T)
  + All videos should be previewed to ensure the language and dance moves are appropriate for your audience.
* Before starting the video make sure everyone has enough room and remind all students that...
  + They do not need to follow the exact dance moves if they do not want to
  + Encourage people to modify dance moves to whatever feels comfortable to them
  + Keep in mind any students that have physical limitations and ensure they are able to participate (ex: If you have a student in a wheel chair try to pick a song with lots of arm movements)
* When everyone is ready share the screen and begin the YouTube video.

**UNIFIED CLUB SOCIAL MEDIA CHALLENGES**

**Virtual High 5 Challenge**

This activity was created by Special Olympics New York in attempts to keep the Unified movement going without having the structure of school in place.

**Instructions:**

1. Take a picture giving a High 5
2. Reach out to your friends in Unified and ask them to share their High 5 images with you
3. Pic Stitch the images together
4. Apps that you can use:
5. Canva
6. Photogrid
7. Pic Stitch
8. Pic Jointer
9. Photo Collage
10. Post your team photo on social media and tag Special Olympics Minnesota and Special Olympics New York
11. Special Olympics Minnesota & New York accounts:
12. Instagram: @SOMinnesota, @SpecOlympicsNY
13. Twitter: @SOMinnesota, @SpecialOlympicsNY
14. #ChooseToInclude #VirtualHigh5



**Be Part of the Unified Generation At Home**

Encourage students to follow along with the Unified Generation website, challenges, watch videos, engage on social media, and stay connected to Special Olympics!

**Resources**

1. [Unified Generation Facebook Group](https://www.facebook.com/groups/372731056541440/)
2. [Unified Generation Website](https://www.generationunified.org/challenge/)

**See a Medal, Send a Medal**

Another great Social Inclusion challenge developed by Special Olympics New York. Challenge students to “See a Medal, Send a Medal” on social media!

**Resources**

PDF of instructions in “Special Olympics Resources” folder on Unified At Home google drive

**Social Media**

1. Special Olympics Minnesota & New York accounts:
2. Instagram: @SOMinnesota, @SpecOlympicsNY
3. Twitter: @SOMinnesota, @SpecialOlympicsNY
4. #ChooseToInclude #InclusionLinks