



# Winter Wellness Cup

## WEEK 6 FEB 22 - 28



Read the instructions below and then track your progress on the next page as you complete each category!



### FITNESS Workout every day!

Hold 10 balance or yoga poses for 1 minute each.



- 1 Tandem Stance (30 seconds each leg)
- 2 Tree Pose (30 seconds each leg)
- 3 Cat-Cow Pose (switch back and forth, holding each for 5 seconds)
- 4 Child's Pose
- 5 Warrior 1 Pose (30 seconds each leg) (Modification: seated)
- 6 Knee to Chest (30 seconds each leg)
- 7 Butterfly Stretch
- 8 Seal Stretch
- 9 Downward Dog
- 10 Upward Salute (seated or standing)



### NUTRITION

Eat a full serving of green vegetables each day!



### HYDRATION

End each evening with a cup of tea!

(or glass of water if you don't have tea)



### STRONG MINDS

Relax & listen to calming music or sounds for 10 minutes each day!



### HEALTHY HABITS

Do 1 minute of deep breathing every day!

End by saying what you are thankful for.

Use deep breathing as a tool anytime and anywhere to help ourselves feel better when we are nervous or stressed.

- set a timer for 1 minute
- breathe in for 4 seconds
- hold for 4 seconds
- breathe out for 4 seconds
- hold for 4 seconds



### UNIFIED CHAMPION SCHOOLS (UCS)

Create a *Unified Whole School Engagement Activity* and post it on social media tagging Special Olympics Washington.



### RESOURCE FAIR

Attend the virtual Workshops "Chill Out - Yoga" and "Interactive Game Night"



### HOW TO SUBMIT YOUR SCORES:

**1** In person:  
Submit this PDF to your coach or program coordinator each week

**2** Online:  
Visit our website at [SOWAVirtualGames.org](https://SOWAVirtualGames.org)

**3** Mail to:  
Special Olympics Washington  
C/O: Winter Wellness Cup  
2815 2nd Ave, Suite #370  
Seattle, WA 98121





# TRACKER

## WEEK 6

FEB 22 - 28

Check the boxes below for each activity you complete!


First Name:

Last Name:

Team Name:

Phone:

Email:

**FITNESS**

**Daily Workout**

☐☐☐☐☐

*Each completed daily workout = 100 points (max 500)*

Total Points:


**NUTRITION**

**Daily Green Vegetable**

☐☐☐☐☐

*Each completed day = 100 points (max 500)*

Total Points:


**HYDRATION**

**Daily Evening Tea (or Water)**

☐☐☐☐☐

*Each completed day = 20 points (max 100)*

Total Points:

**STRONG MINDS**

**Daily 10 Min Relaxation**

☐☐☐☐☐

*Each completed day = 10 points (max 50)*

Total Points:


**UNIFIED CHAMPION SCHOOLS (UCS)**

**Create/Post a Unified Whole School Engagement Activity**

☐

*(150 TEAM points awarded)*

*Educators and Coaches will submit scores on behalf of the entire team*

**HEALTHY HABITS**

**Daily Deep Breathing**

☐☐☐☐☐

*Each completed day = 10 points (max 50)*

Total Points:

**RESOURCE FAIR**

**Attended Workshops**

☐☐

*(30 bonus points for each workshop you attend)*

*SOWA will automatically update leaderboard with bonus points based on Resource Fair attendance*

At the end of the week, add up and record your total score! Then, submit this PDF to your coach, online at [SOWAVirtualGames.org](https://SOWAVirtualGames.org) or by mail.

Total Weekly Score: