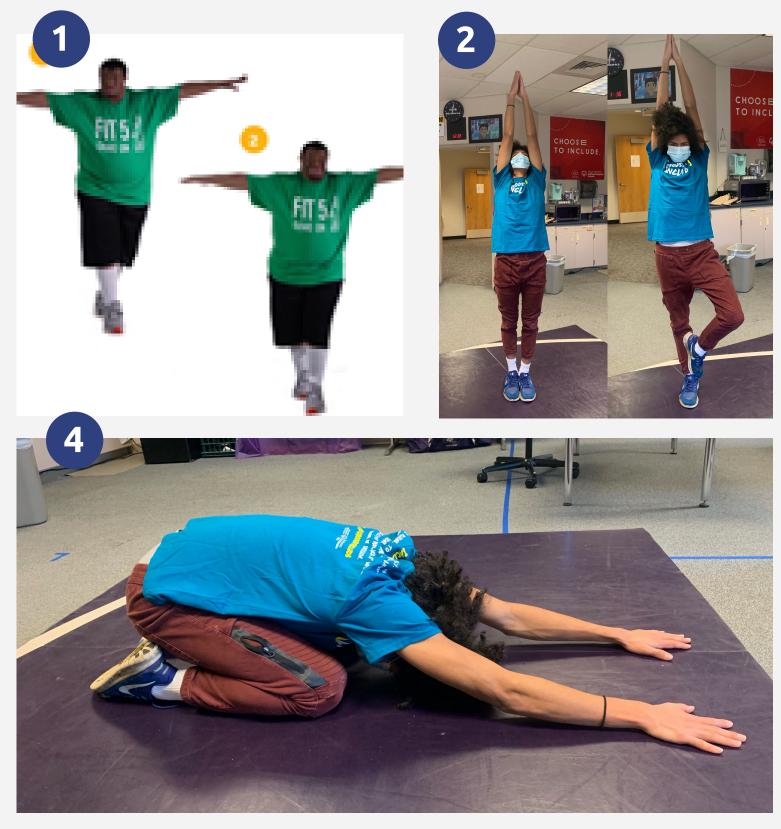


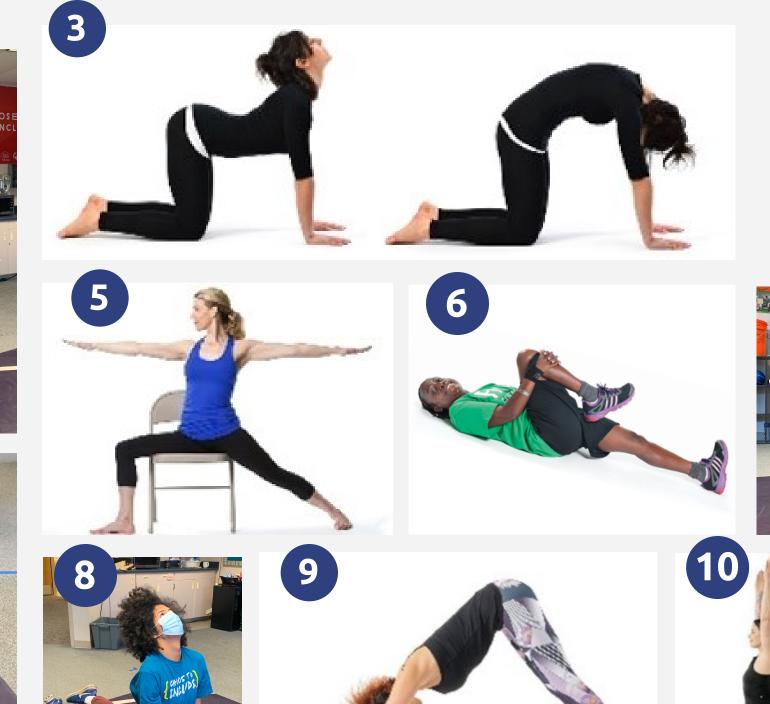
Read the instructions below and then track your progress on the next page as you complete each category!

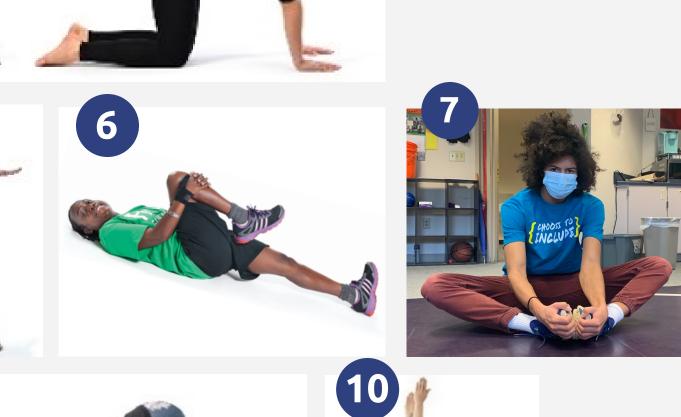




Hold 10 balance or yoga poses for 1 minute each.









- Tandem Stance (30 seconds each leg)
- Tree Pose (30 seconds each leg)
- Cat-Cow Pose (switch back and forth, holding each for 5 seconds)
- Child's Pose
- Warrior 1 Pose (30 seconds each leg) (Modification: seated)
- 6 Knee to Chest (30 seconds each leg)
- Butterfly Stretch
- 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!



### 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:** 



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



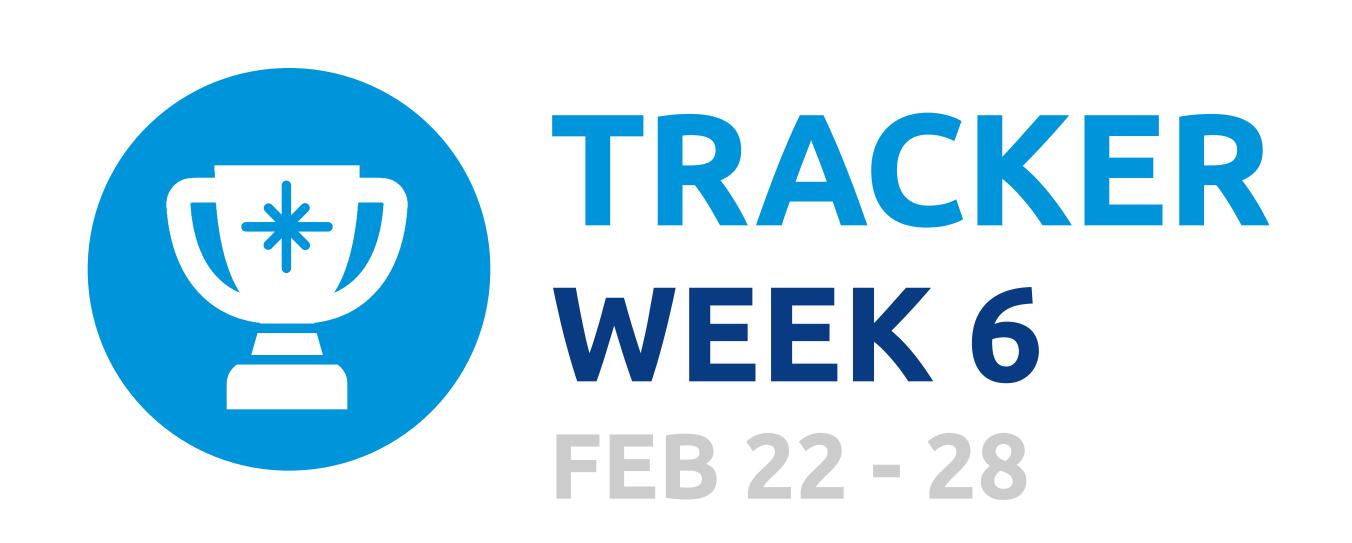
Online:

Visit our website at SOWAVirtualGames.org



Mail to:

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



# Check the boxes below for each activity you complete!

**FITNESS** 

KER	First Name:		
6	Last Name:		
28	Team Name:		
elow	Phone:		
	Email:		
Daily Workout  Each completed daily workout = 100 points (max 500)  Total Points:			
Daily Green	Vegetable		Total Points:

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<b>E a</b>	

HYDRATION

NUTRITION

Daily Evening Tea (or Water)

Total Points:

Each completed day = 20 points (max 100)

Each completed day = 100 points (max 500)



STRONG

Daily 10 Min Relaxation

Each completed day = 10 points (max 50)

Total Points:



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 Attended Workshops
FAIR

(30 bonus points for each 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 or by mail.

Total	
Weekly	
Score:	