

**Stay Connected Tips**

* Touch base with fellow teammates
* Share your favourite dance moves
* Call your family, friends, fellow athletes

**Stay Active Tips**

* Take part in SOO’s weekly wellness challenges
* Watch workout videos from your fellow athletes
* Learn how to do Yoga & do some with family

**Stay Positive Tips**

* Take breaks from screen time
* Write down 3 things you are grateful for
* Share photos of things that make you smile

**Stay Informed Tips**

* Check out the stay informed section on the Special Olympics Ontario website

[www.specialolympicsontario.com](http://www.specialolympicsontario.com)

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| **TIME** | **MON.** | **TUES.** | **WED.** | **THURS.** | **FRI.** | **SAT/SUN** |
| 7:00 –8:00 | Wake up. Rise and Shine! |  |  |  |  |  |
| 8:00 –9:00 |  |  |  |  |  |  |
| 9:00 - 10:00 |  |  |  |  |  |  |
| 10:00-11:00 |  | ***apple-accessibility-emoji-proposal.jpg***Go for a 30 minute walk  |  |  |  |  |
| 11:00-12:00 |  |  |  |  | marketing-interview-questions-featured-image.jpgWatch From the Stands Interview |  |
| 12:00-1:00 |  |  |  |  |  |  |
| 1:00-2:00 |  |  | ***1692-weight-lifter.png***Follow a Wellness Wednesday Workout |  |  |  |
| 2:00-3:00 |  |  |  |  | woman-in-lotus-position-medium-dark-skin-tone.pngJoin an online mindfulness Session |  |
| 3:00-4:00 |  |  |  |  |  |  |

***GENERAL NOTES***

**Stay Informed Tips**

**Stay Positive Tips**

**Stay Active Tips**