



Dear Volunteer,

Thank you for your interest in hosting Healthy Habits at a Special Olympics Pennsylvania (SOPA) event. Healthy Habits are interactive education stations that help build awareness of how healthy habits affect sports performance and everyday life.

The three Healthy Habit topics are **endurance**, **athletic recovery**, and **internet safety**. Your role throughout the event would be to educate athletes and their families regarding one of the Healthy Habits topics.

This is a volunteer guide for hosting Healthy Habits. Within the guide, there are four sections: Tips for Setting Up Healthy Habits Stations, Education for Healthy Habits Stations, Activities/Games for Healthy Habits Stations, and Healthy Habits Resources. Within the Education Pages you will find educational information specific to each topic. This information will serve as talking points. Within the Activities/Games section, you will find a list of ideas of interactive activities you can choose from to engage the athletes for each topic. Within the Resources section, you will find handouts that may be printed for use at the events. You are responsible for providing the handouts and giveaways.

Prior to the event, you will receive pertinent logistical information. While on-site at the event, you will receive a volunteer t-shirt and lunch. If you have any questions or concerns, please contact, Charla Stein RD, LDN, by phone at (610) 630-9450 ext. 254 or by email at cstein@specialolympicspa.org.

In good health,

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Special Olympics Healthy Habits



HEALTHY HABITS GUIDE



**Special
Olympics**
Pennsylvania

CONTENTS

Welcome

03 Background of Healthy Habits

Tips for Setting Up Healthy Habits Stations

05 Tips When Setting Up Table & Interacting With Athletes

Education for Healthy Habits Stations

07 Endurance

08 Athletic Recovery

09 Internet Safety

Activities/Games for Healthy Habits Stations

11 Endurance

22 Athletic Recovery

26 Internet Safety

Resources for Healthy Habits Stations

ENDURANCE

- 49** RPE Scale
- 50** Boost Your Endurance!
- 51** Conserve Your Energy!
- 52** Pursed Lip Breathing
- 53** What Happens to Your Body When You Stop Exercising?
- 54** Family/Supporter Engagement

ATHLETIC RECOVERY

- 55** Sleep Hygiene
- 56** Rest
- 57** Breathe
- 58** Body Scan
- 59** Guided Imagery
- 60** Meditation
- 61** Family/Supporter Engagement

INTERNET SAFETY

- 62** S. M. A. R. T.
- 63** Internet Safety
- 64** Family/Supporter Engagement

BACKGROUND OF HEALTHY HABITS:

Healthy Habits are interactive education stations that help build awareness of how healthy habits affect sport performance and everyday life. Healthy Habits are supplemental stations conducted in high traffic areas when / where it is not possible to offer Healthy Athletes screenings.

Just like with sports and Healthy Athlete screenings, Healthy Habits is free to all Special Olympics Pennsylvania athletes. The only requirement necessary is athletes must have a valid medical on file. Additionally, athletes can participate in Healthy Habits even if they're not competing at the event where it is being hosted.

There are 3 primary Healthy Habits topics:

- 1) Endurance**
- 2) Athletic Recovery**
- 3) Internet Safety**





TIPS FOR SETTING UP HEALTHY HABITS STATIONS



TIPS WHEN SETTING UP TABLE:

- 1. Draw the athletes in:** Create a colorful poster or stand up eye-catching signs to grab the athletes' interest.
- 2. Keep signage simple:** Try not to clutter your pictures or graphics with too many words—let the images speak for themselves! Also, include a few key words to spark conversation, and let the rest of the information come about in conversation.
- 3. Include a tangible model if possible:** Visualizing the topic will help the athletes grasp the concepts. *Ex: Bring a pillow and sleep eye mask to emphasize importance of sleep for athletic recovery.*
- 4. Athletes LOVE anything free:** Honestly, who doesn't! It never hurts to include a giveaway item to incentivize the athletes to stop by.



TIPS WHEN INTERACTING WITH ATHLETES:



- 1. Try not to assume the athletes' level of knowledge:** You'll interact with athletes of all ages and abilities, so be prepared to explain your topic at any level.
- 2. Turn the lesson into a conversation:** Make it easy for the athletes to understand and applicable to their own lives. *Ex: Ask the athletes if they get plenty of rest/sleep after exercising, then discuss the effects of not doing so.*
- 3. Have an activity or game prepared:** Allow the athletes to get engaged with the topic—hands-on activities are lots of fun!
- 4. Have fun with the athletes!** It should be a great day for both you and them!

Special Olympics
Healthy Habits



EDUCATION FOR HEALTHY HABITS STATIONS



ENDURANCE

What is Endurance?



Endurance is how much our bodies can handle physical activity over time

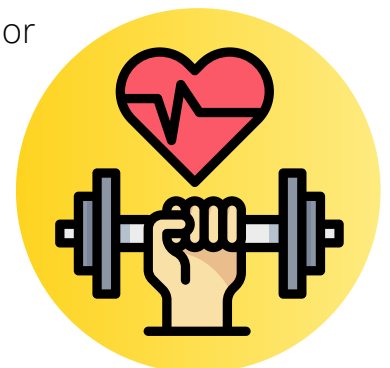
- Endurance is made up of two parts:
 - Cardiovascular endurance
 - Muscular endurance
- Cardiovascular endurance is the ability of the heart and lungs to fuel your body with oxygen
- Muscular endurance is the ability of the muscles to work continuously without getting tired

How Do We Improve Endurance?



Endurance can be improved by adjusting physical activity intensity

- What kind of physical activities counts?
 - Moderate-intensity tasks
 - Vigorous-intensity tasks
- What are examples of moderate-intensity activities?
 - Brisk walking or bicycle riding
 - Housework or gardening
- What are examples of vigorous-intensity activities?
 - Running or jumping rope
 - Heavy shoveling or carrying heavy loads (groceries, books, etc.)
- How often should we participate in moderate- or vigorous-intensity activities?
 - At least 3 times weekly
- How do we know our body is working at moderate- or vigorous-intensity level?
 - Heart rate goes up
 - Breathing rate goes up
 - Sweating
 - Muscle tiredness



ATHLETIC RECOVERY

What is Athletic Recovery?



Athletic recovery means allowing our minds and bodies to rest and heal over time

- What are some components of recovery?
 - Hydration
 - Drink 5 water bottles each day
 - Your bottles should be 16-20oz or 500-600ml
 - Nutrition
 - Eat 5 total fruits and vegetables each day
 - Remember the 5 food groups of fruits, vegetables, grains, protein, and dairy on a plate!
 - Rest/Sleep
 - Stretching

Why do we need rest?



Restores energy



Repairs and strengthens body



Relieves stress

What happens when we don't allow our bodies and minds to recover?



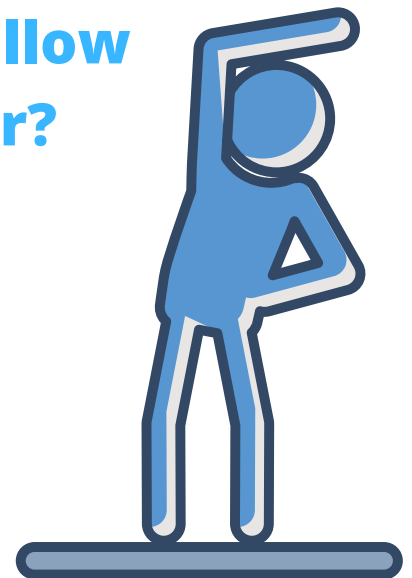
Decreased sports performance



Risk of injury







Changes in mood





INTERNET SAFETY

What are the dangers/risks of using the Internet?






-  **Stealing your identity**
-  **Invasion of privacy**
 - When someone fails to respect your personal information and boundaries
-  **Scams (financial/online relationships)**
-  **Someone taking advantage of you**
 - When someone tries to force you to have a conversation, send/receive pictures, and/or have a relationship that you do not want



Common Internet Risky Behaviors

-  **Revealing personal information on social networking websites**
-  **Interacting with strangers online**

Tips for Internet Safety

-  **Stay safe**
 - Don't give out your personal information to people you don't know
-  **Don't meet up with strangers**
 - Meeting someone you only met online can be dangerous
 - ALWAYS check with someone you trust (like parents/guardians)
-  **Accepting files**
 - Don't accept emails, links, pictures, or texts from someone you don't know
-  **Check information before you believe it**
 - Ask yourself: "Is the person or website telling the truth?"
-  **Tell someone**
 - Tell someone you trust if someone or something makes you feel uncomfortable

Special Olympics
Healthy Habits



ACTIVITIES/ GAMES FOR HEALTHY HABITS STATIONS



ENDURANCE

Activity 1: Movement ABCs Challenge

1. **Educational Handout:** Endurance (pg. 7)
2. **Possible Giveaways:** Sweatbands / sweat towels / pedometer / stop watch
3. **Supplies Necessary:** Printed RPE scale (pg. 49) & Movement ABCs chart
4. **Space Demands:** Safe, open space
5. **Estimated Time:** 5 minutes
6. **Script:** "How *fast* and *far* along in the alphabet can you move without stopping?"
7. **Directions:**
 - a. Version 1: Choose a word and perform the movements associated with each letter of the word 10x.
 - i. Use the chart on page 13 to guide you through what exercise is aligned with each letter.
 - b. Version 2: Perform the movements associated with each letter of the alphabet 10x from A to Z within a comfortable/safe speed.
 - i. Use the chart on page 13 to guide you through what exercise is aligned with each letter.
 - c. After completing the movements/coming to a stop, think about how you feel after the movements and compare your body sensations to the RPE scale. (THINK: breathing, heart rate, etc.)
 - i. Have RPE scale visible/handy for athletes.

Goal:
To challenge your endurance

ENDURANCE

Activity 1: Movement ABCs Challenge

Tips & Tricks

Everyone is different and may need the activity to be further modified for them! This means making the activity either easier or harder depending on the person!

Possible ways to make the activity

EASIER:

- Spell smaller words
- Complete seated exercises
- Go at a slower speed
- Take a break between letters
- Decrease the # of repetitions
- **AND many more - Feel free to be creative!**

Possible ways to make the activity

HARDER:

- Spell larger words
- Add weights
- Go at a faster speed
- Take breaks only between words
- Increase the # of repetitions
- **AND many more - Feel free to be creative!**

Not everyone will look the same while doing the movements and that's okay!
Everyone will do their best with their natural capabilities! They know their body best and will do the movements how they need to do it to still gain the benefits of the activity!



Time considerations:

- Pending length of word
- Pending # of repetitions



Limited seated exercise option available



Activity 1: Movement ABCs Challenge

A	Arm Circles (wide)	B	Burpees	C	Curl Ups	D	Duck Walk	E	Elephant Trunk Swings	F	Frog Jumps
G	Gallop like a Horse	H	High Knees	I	Inch-worms*	J	Jumping Jacks	K	Kangaroo Hops	L	Lunges
M	Mountain Climbers	N	Narrow Squats	O	One-Leg Stance	P	Power Punches	Q	Quick Steps	R	Run in Place
S	Side to Side Jumps	T	Toe Touches	U	Upright Rows	V	V-Ups*	W	Wall Sits	X	Criss-Cross Jump
Y	Y-Raises*	Z	Zig-Zag Hops								

*Extra instructions required

→ Inchworms: From a standing position, stretch down and bring your hands to your feet. Slowly walk your hands out until you are in a push-up position. Slowly walk your feet to your hands.

→ V-Ups: Lay on your back with arms stretched out. Raise your legs and chest to form a "V" shape, bracing your hands on the floor. Return to starting position

→ Y-Raises: Laying on your stomach, put your arms out above your head, with your thumbs up. Slowly raise your thumbs towards the ceiling and back down.

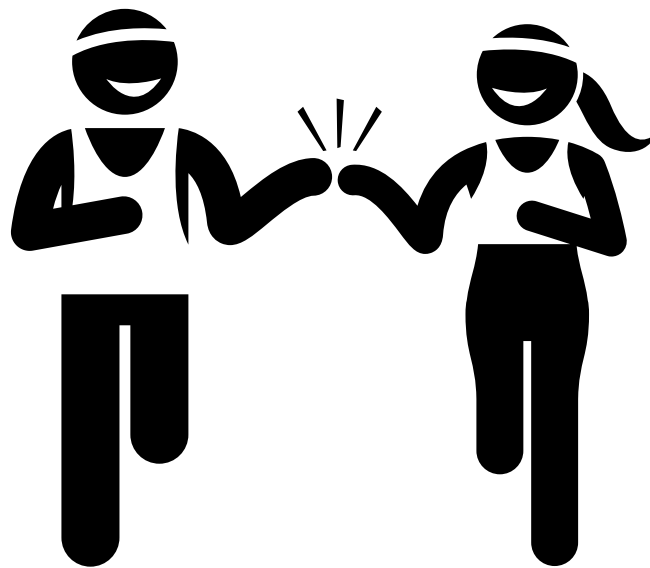
ENDURANCE

Activity 2: Talk-Test/Sing Fitness

1. **Educational Handout:** Endurance (pg. 7)
2. **Possible Giveaways:** Sweatbands / sweat towels / pedometer / jump rope
3. **Supplies Necessary:** Printed RPE scale (pg. 49), speakers, device to play music & jump rope
4. **Space Demands:** Safe, open space
5. **Estimated Time:** 3-5 minutes
6. **Script:** "Do you have what it takes to talk or even sing while performing a physical activity? Come and give it a try!"
7. **Directions:**
 - a. You will perform 1 moderate-intensity physical activity (i.e. dancing to an upbeat song) and then 1 vigorous-intensity physical activity (i.e. jump roping).
 - b. During each type of activity, challenge yourself to hold a conversation with others with prompts given OR sing a song.
 - c. Once you are finished with the activity, think about how you feel after completing the two physical activities and compare your body sensations to the RPE scale. (THINK: breathing, heart rate, etc.)
 - i. Have RPE scale visible/handy for athletes.

REMEMBER:

Everyone is different, what is moderate-intensity for one person may be vigorous intensity for another. And that is OKAY!



Goal:
To challenge your endurance

ENDURANCE

Activity 2: Talk-Test/Sing Fitness

Tips & Tricks

Everyone is different and may need the activity to be further modified for them! This means making the activity either easier or harder depending on the person!

Possible ways to make the activity

EASIER:

- Decrease your speed
- Complete activity while seated
- Take breaks, as needed
- No singing, only talking
- Do 2 moderate-intensity activities and no vigorous-intensity activities
- **AND many more - Feel free to be creative!**

Possible ways to make the activity

HARDER:

- Increase your speed
- Add a weight
- No breaks
- No talking only singing
- Do 2 vigorous-intensity activities and no moderate-intensity activities
- **AND many more - Feel free to be creative!**

Not everyone will look the same while doing the activity and that's okay! Everyone will do their best with their natural capabilities! They know their body best and will do the activity how they need to do it to still gain the benefits of the activity!



Time considerations:

- Pending song
- Pending # of repetitions



Seated option available



ENDURANCE

Activity 3: "Bring Sally Up" Squat Challenge

1. **Educational Handout:** Endurance (pg. 7)
2. **Possible Giveaways:** Sweatbands / sweat towels / pedometer / stop watch
3. **Supplies Necessary:** Printed RPE scale (pg. 49), speakers, device to play music, "Bring Sally Up" workout song & timer
 - a. To access song: *SEARCH* → "Bring Sally Up Workout Song" on YouTube
4. **Space Demands:** Safe, personal space
5. **Estimated Time:** 1-3 minutes
6. **Script:** "How many seconds or minutes can you last in this Bring Sally Up Squat Challenge? Can you last until the end of the song?"
7. **Directions:**
 - a. Play the Bring Sally Up Workout song and perform squats by following the prompt (bring sally up, bring sally down) of the song for X minutes.
 - b. After completing the activity/coming to a stop, think about how you feel after the movements and compare your body sensations to the RPE scale. (THINK: breathing, heart rate, etc.)
 - i. Have RPE scale visible/handy for athletes.
8. **Note:** Observe how long out of the ~3 mins (song duration) was able to be completed and congratulate the athletes on their performance.



Goal:
To challenge your
endurance

ENDURANCE

Activity 3: "Bring Up Sally" Squat Challenge

Tips & Tricks

Everyone is different and may need the activity to be further modified for them! This means making the activity either easier or harder depending on the person!

Possible ways to make the activity

EASIER:

- Wall sits
- Decrease time
- Squat at your own pace, don't use the song
- Add breaks, as needed
- **AND many more - Feel free to be creative!**

Possible ways to make the activity

HARDER:

- Add weight
- Increase time
- Squat to the beat
- Complete squat jumps instead of regular squats
- **AND many more - Feel free to be creative!**

Not everyone will look the same while doing the activity and that's okay! Everyone will do their best with their natural capabilities! They know their body best and will do the activity how they need to do it to still gain the benefits of the activity!



Time considerations:

- Pending song
- Pending # of repetitions



Standing version only

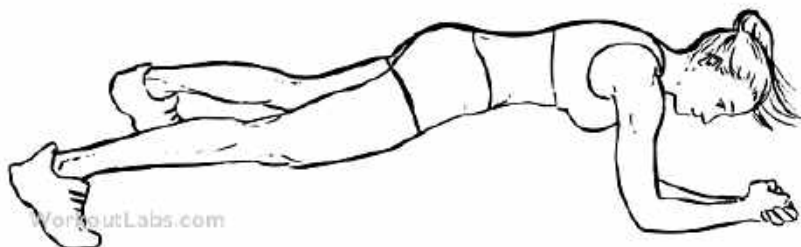


ENDURANCE

Activity 4: Plank Jacks Challenge

1. **Educational Handout:** Endurance (pg. 7)
2. **Possible Giveaways:** Sweatbands / sweat towels / pedometer / stop watch
3. **Supplies Necessary:** Printed RPE scale (pg. 49), speakers, device to play music, "Pretty Girl - INSTRUMENTAL TIKTOK REMIX" workout song & timer
 - a. To access song: *SEARCH* → "Pretty Girl - INSTRUMENTAL TIKTOK REMIX" on YouTube
4. **Space Demands:** Safe, personal space
5. **Estimated Time:** 1 minute
6. **Script:** "How many seconds or minutes can you perform plank jacks in this challenge? Can you last until the end of the song?"
7. **Directions:**
 - a. Challenge the athletes to perform plank jacks following the rhythm/speed/beat of the Pretty Girl song or song of your choice for X minutes.
 - b. After completing the movements/coming to a stop, think about how you feel after the movements and compare your body sensations to the RPE scale. (THINK: breathing, heart rate, etc.)
 - i. Have RPE scale visible/handy for athletes.
 - c. Example script for introducing challenge activity: "I know everyone loves planks! Find a space on the ground and lay on your stomachs. You are going to come up onto your hands or elbows and your toes. Does everyone remember how to do a jumping jack? Well we are going to move our feet as if we're doing jumping jacks with our hands steady, while we are in this position!"
8. **Note:**
 - a. Plank jacks are performed similar to the motion of a jumping jack. Jump your feet wide keeping your buttocks down. Jump your feet back together while hands remain steady.
 - b. Observe how long out of the ~3 mins (song duration) was able to be completed and c

Goal:
To challenge your
endurance



ENDURANCE

Activity 4: Plank Jacks Challenge

Tips & Tricks

Everyone is different and may need the activity to be further modified for them! This means making the activity either easier or harder depending on the person!

Possible ways to make the activity

EASIER:

- Complete on knees
- Step slowly out
- 1 leg at a time
- Take breaks
- Choose a song with a slower beat
- **AND many more - Feel free to be creative!**

Possible ways to make the activity

HARDER:

- Complete on hands (not elbows)
- Jump with legs out
- Increase speed
- No breaks
- Add a push-up
- **AND many more - Feel free to be creative!**

Not everyone will look the same while doing the activity and that's okay! Everyone will do their best with their natural capabilities! They know their body best and will do the activity how they need to do it to still gain the benefits of the activity!



Time considerations:

- Pending song
- Pending athlete's abilities



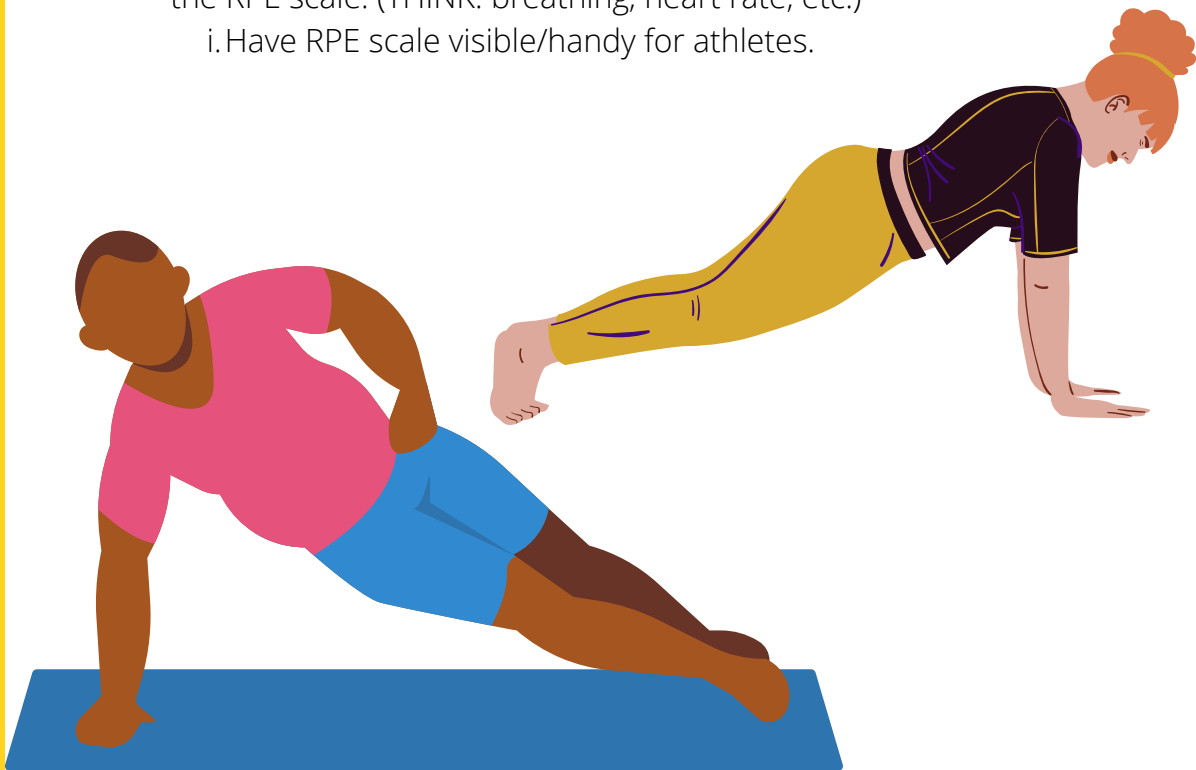
Seated core exercise options available



ENDURANCE

Activity 5: Partner Planks

1. **Educational Handout:** Endurance (pg. 7)
2. **Possible Giveaways:** Sweatbands / sweat towels / pedometer / stop watch
3. **Supplies Necessary:** Printed RPE scale (pg. 49), medium sized bouncy/rubber ball, speakers, device to play music, & any music of choice
4. **Space Demands:** Safe, open space
5. **Estimated Time:** 1 minute
6. **Script:** "Grab a partner, a ball, and let's get ready for planks! If you feel like going onto your toes is too difficult and you are more comfortable on your knees, please do so!"
7. **Directions:**
 - a. Challenge the athletes to maintain a plank while passing a ball back and forth to their partner until the music stops. [*similar to musical chairs*]
 - b. After completing the movements/coming to a stop, think about how you feel after the movements and compare your body sensations to the RPE scale. (THINK: breathing, heart rate, etc.)
 - i. Have RPE scale visible/handy for athletes.



Goal:
To challenge your endurance

ENDURANCE

Activity 5: Partner Planks

Tips & Tricks

Everyone is different and may need the activity to be further modified for them! This means making the activity either easier or harder depending on the person!

Possible ways to make the activity

EASIER:

- Complete on knees
- Roll object slowly for control
- Stop when partner has ball
- Take breaks
- Seated core exercise
- **AND many more - Feel free to be creative!**

Possible ways to make the activity

HARDER:

- Complete on hands (not elbows)
- Roll faster to challenge control
- Add in conversation
- No breaks
- Challenging plank variations
- **AND many more - Feel free to be creative!**

Not everyone will look the same while doing the activities and that's okay! Everyone will do their best with their natural capabilities! They know their body best and will do the activity how they need to do it to still gain the benefits of the activity!



Time considerations:

- Pending song
- Pending athlete's abilities



Seated core exercise options available



ATHLETIC RECOVERY

Activity 1: 'What Is Recovery?' Interactive Education

1. **Educational Handout:** Athletic Recovery (pg. 8)
2. **Possible Giveaways:** Sleep eye mask / herbal tea bags / meditation coloring pages / stretch bands + educational handout
3. **Supplies Necessary:** Printed 'What is Recovery?' Interactive Poster (pg. 24) + visual cards (pg. 25)
4. **Space Demands:** Table-top space & personal open space
5. **Estimated Time:** 3 minutes
6. **Script:** "Step right up! Do you want to test your knowledge on some of the key components to athletic recovery? Come and give it a try!"
7. **Directions:**
 - a. Guess/figure out the key components to athletic recovery using the interactive education poster (pg. 24).
 - i. Visual cards are available to help athletes find the correct answers (pg. 25).
8. **Note:** The answer key to the interactive poster is on pg. 26.



Goal:
To promote healthy athletic recovery habits

ATHLETIC RECOVERY

Activity 1: "What is Recovery?" Interactive Education

Tips & Tricks

Everyone is different and may need the activity to be further modified for them! This means providing additional support or making the activity either easier or harder depending on the person!

Possible ways to make the activity

EASIER:

- Complete seated
- Athlete leaders provide prompts/hints
- Show the pictures on the poster
- Complete the poster with a partner
- **AND many more - Feel free to be creative!**

Possible ways to make the activity

HARDER:

- Complete standing
- Perform a stretch after each item
- Ask additional questions
- Ask athletes to provide examples of the components
- **AND many more - Feel free to be creative!**

This activity may look different for everyone and that's okay! Everyone will do their best with their natural capabilities! They know their abilities best and will do the activity how they need to do it to still gain the benefits!



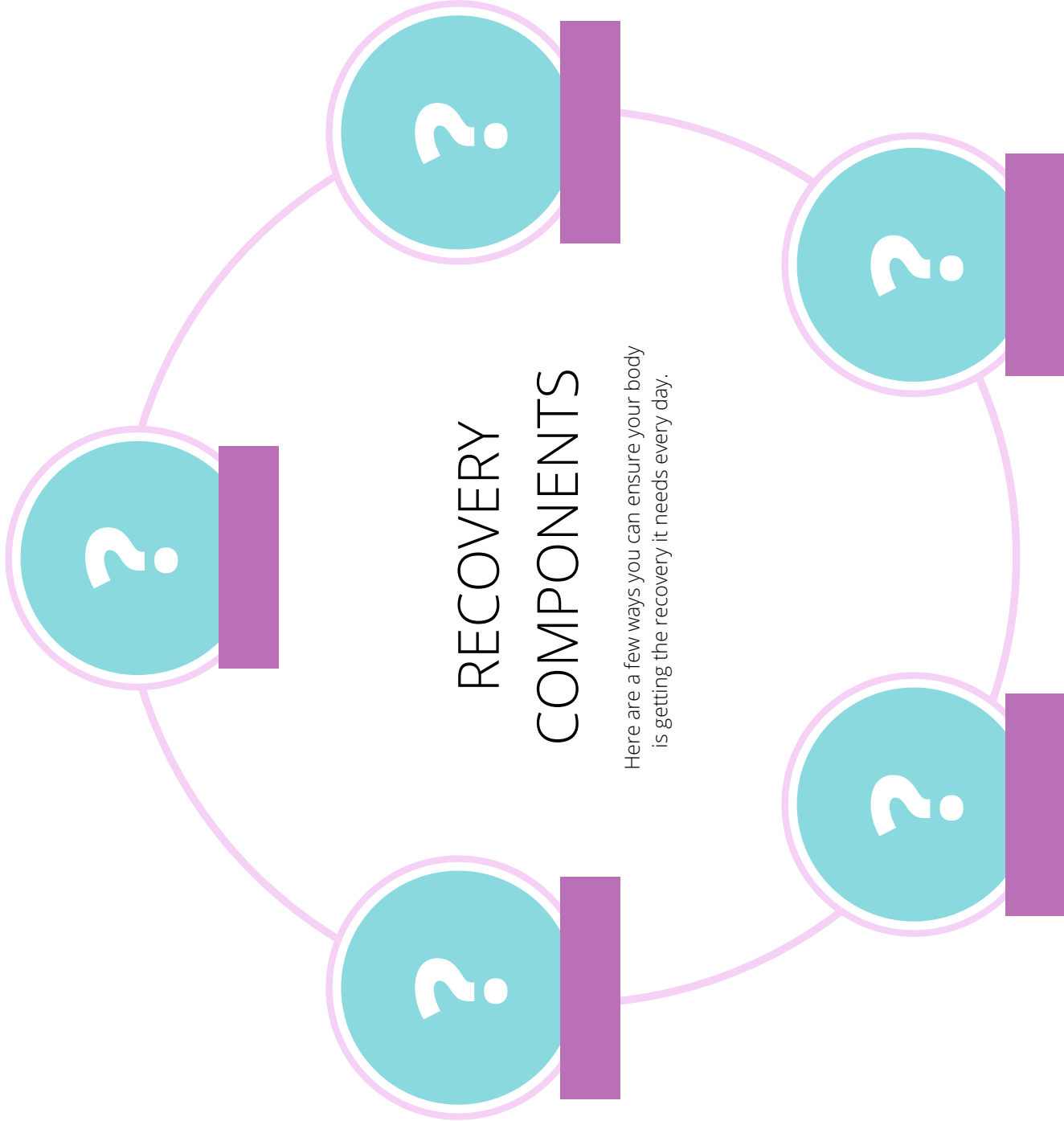
Time considerations:

- Pending athlete's abilities
- Pending amount of support needed




Seated option available



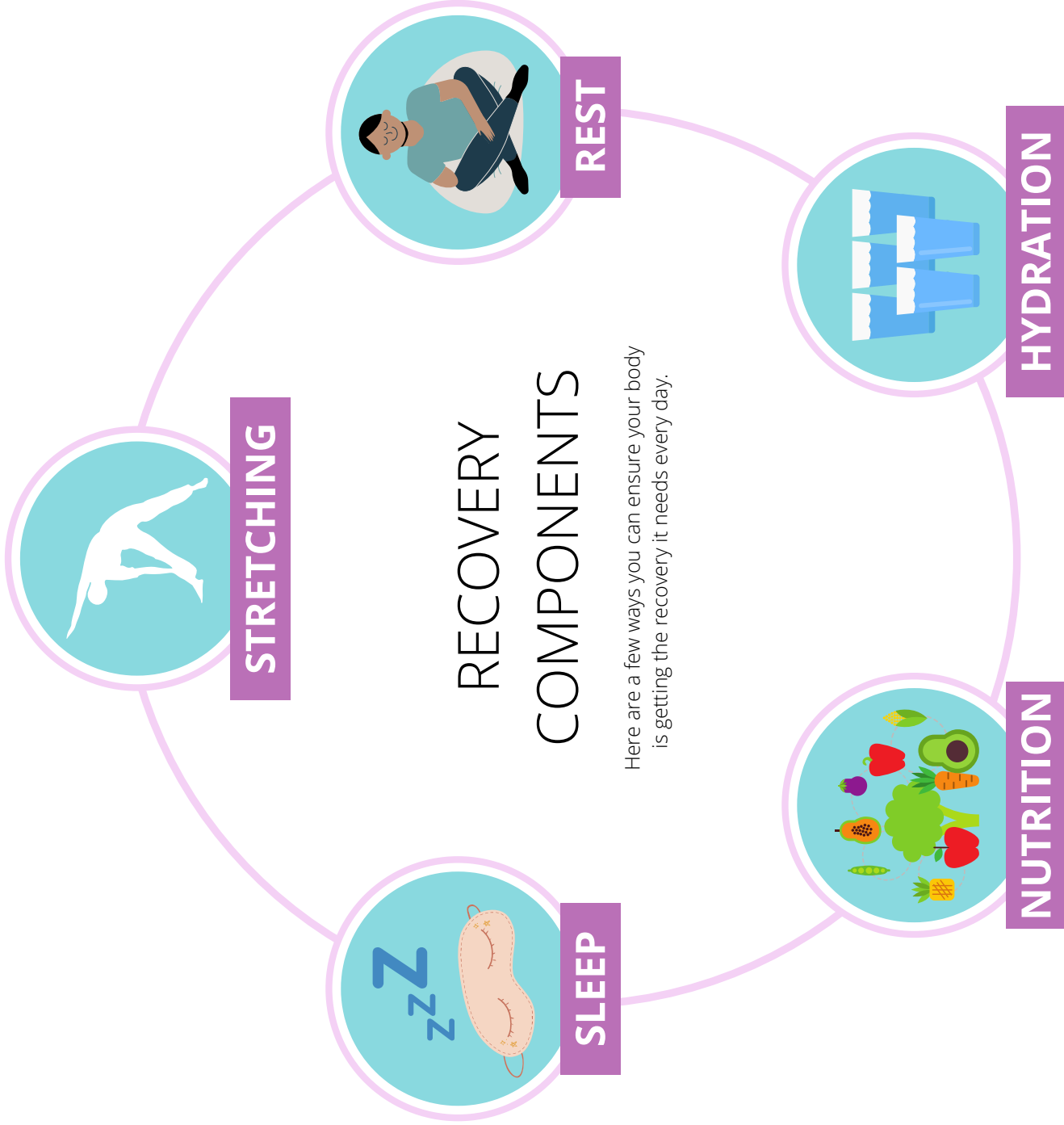


ATHLETIC RECOVERY

CHECKLIST






- Spend some time stretching before or after physical activity to prevent injuries.
 
- Whenever you're feeling tense or stressed, take 5-10 long, deep breaths.
 
- Try to limit sugary snacks or drinks like soda and eat one fruit or vegetable with every meal.
 
- Drink at least 8 glasses of water today.
 
- Reserve at least 8 hours for a great, full night of sleep.
 





ATHLETIC RECOVERY

CHECKLIST

- Spend some time stretching before or after physical activity to prevent injuries. 
- Whenever you're feeling tense or stressed, take 5-10 long, deep breaths. 
- Try to limit sugary snacks or drinks like soda and eat one fruit or vegetable with every meal. 
- Drink at least 8 glasses of water today. 
- Reserve at least 8 hours for a great, full night of sleep. 

ATHLETIC RECOVERY

Activity 2: Static vs. Dynamic Stretch

1. **Educational Handout:** Athletic Recovery (pg. 8)
2. **Possible Giveaways:** Sleep eye mask / herbal tea bags / meditation coloring pages / stretch bands + educational handout / Stretching Home Program cards (pgs. 21-24)
3. **Supplies Necessary:** Stretching Home Program cards pg. 29-32 (optional)
4. **Space Demands:** Safe, open space
5. **Estimated Time:** 3-5 minutes
6. **Script:** "Stretching is important for athletes, before and after physical activities to prevent injuries. Come and learn about different types of stretching!"
7. **Directions:**
 - a. Educate athletes on the importance of stretching as a recovery component. An example of what you could say includes:
 - i. Stretching prevents injuries and allows your muscles to stay strong, flexible, and healthy.
 - ii. *Look at the notes section, for more benefits of stretching you can mention*
 - b. Discuss the difference between static and dynamic stretching. An example of what you can say includes:
 - i. Dynamic stretching (movement) It is meant to get the body moving. You do it before a physical activity to warm up your muscles and get the heart rate up.
 - ii. Static stretching (still) It is what you do after a physical activity once your muscles are warm and relaxed. You extend muscles and hold in place for a period of time.
 - c. Demonstrate and explain of 3 dynamic stretches and 3 static stretches, choose from the Stretching Home Program cards provided (pgs. 29-32) or come up with your own stretches not listed.
 - i. Dynamic stretches - 10x for each stretch
 - ii. Static stretches - Hold each stretch for 20 seconds
8. **Note:**
 - a. Stretching routine to boosts flexibility, prevent injury, and decrease muscle tension; ↑ ROM & blood flow, better posture, ↓ tension & stress
 - b. This activity can be gamified by utilizing the Stretching Home Program cards to play a guessing game of identifying whether the visuals on the cards show a static or dynamic stretch. It can be further utilized to play with family and friends at home.

Goal:

To promote healthy athletic recovery habits

ATHLETIC RECOVERY

Activity 2: Static vs. Dynamic Stretch

Tips & Tricks

Everyone is different and may need the activity to be further modified for them! This means making the activity either easier or harder depending on the person!

Possible ways to make the activity

EASIER:

- Seated stretches
- Include visuals & written explanation for the stretches
- Count the time using a timer or the leader can count for you
- Explain how to do each of the stretches
- Explain where they should be feeling each stretch
- **AND many more - Feel free to be creative!**

Possible ways to make the activity

HARDER:

- Increase the # of stretches
- Hold the stretches longer
- Count the time in your head
- Add stretches that aren't listed
- Ask: What area do you think the stretch is stretching?
- **AND many more - Feel free to be creative!**

Not everyone will look the same while doing the activities and that's okay! Everyone will do their best with their natural capabilities! They know their body best and will do the activity how they need to do it to still gain the benefits of the activity!



Time considerations:

- Pending length of hold
- Pending # of stretches



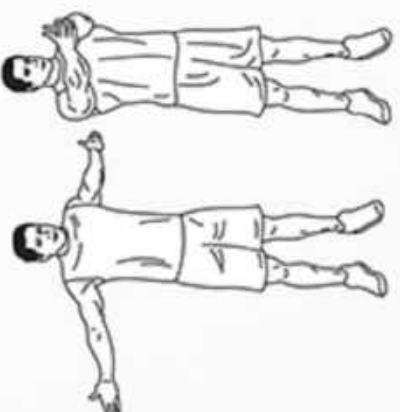
Seated option available



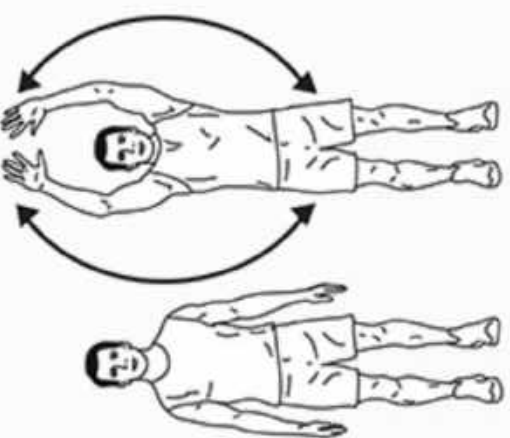
torso rotations



chest expansions



side arm raises



Directions

- Fold along the solid line so that the paper folds in half (long way).
- Cut along each of the dotted lines.
- The instructions to each of the stretches should align with the picture on the backside.
- Use these cards and perform dynamic stretches **before** your physical activities!
- Dynamic stretching is meant to get the body moving to warm up your muscles and get your heart rate up.
- To perform the stretches, follow the steps on the back of each cards.

Directions

- Fold along the solid line so that the paper folds in half (long way).
- Cut along each of the dotted lines.
- The instructions to each of the stretches should align with the picture on the backside.
- Use these cards and perform dynamic stretches **before** your physical activities!
- Dynamic stretching is meant to get the body moving to warm up your muscles and get your heart rate up.
- To perform the stretches, follow the steps on the back of each cards.

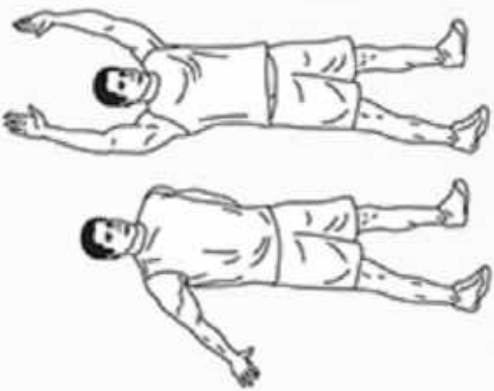
fold along the line
fold along the line

1. Stand with your feet shoulder width apart.
2. Place your hands on your hips and twist your torso (without moving your hips) to the left till you feel a stretch. Make sure your whole upper body moves with your head, neck, and arms aligned together.
3. Come back to center and repeat for the other side.
4. Come back to center and release.
5. Repeat steps 2-4 until desired.

1. Stand with your feet shoulder width apart.
2. Reach your arms out in front of your and bring your hands together (as if you're clapping).
3. Next, bring your arms out as wide as you can, feeling your chest expanding.
4. Then bring your arms back to center.
5. Repeat steps 2 & 3 as desired.

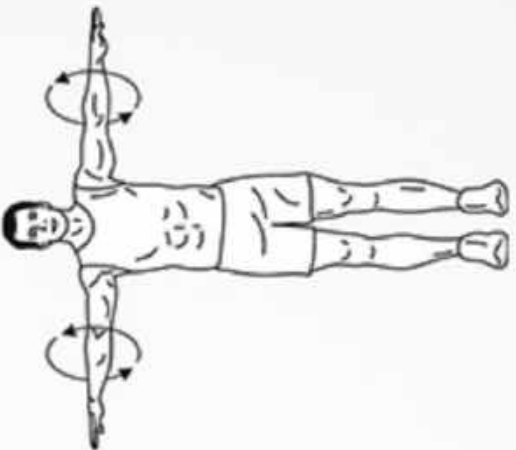
1. Stand with your feet shoulder width apart with your arms by your side..
2. Slowly raise your hands above your head with the palm of your hands facing front.
3. Bring your hands back down by your sides.
4. Repeat steps 2 & 3 as desired.

arm circles (wide)



1. Stand with your feet shoulder width apart.
2. Bring your arms out to your sides so that they are parallel to the ground.
3. Circle your arms forward in a big, wide motion for 10 seconds. Bring your arms as high up as above your head.
4. Now circle your arms backwards in a wide motion for 10 seconds.

arm rotations



1. Stand with your feet shoulder width apart.
2. Bring your arms out to your sides so that they are parallel to the ground.
3. Circle your arms forward in a small controlled motion for 10 seconds.
4. Now circle your arms backwards in a small controlled motion for 10 seconds.

neck tilts



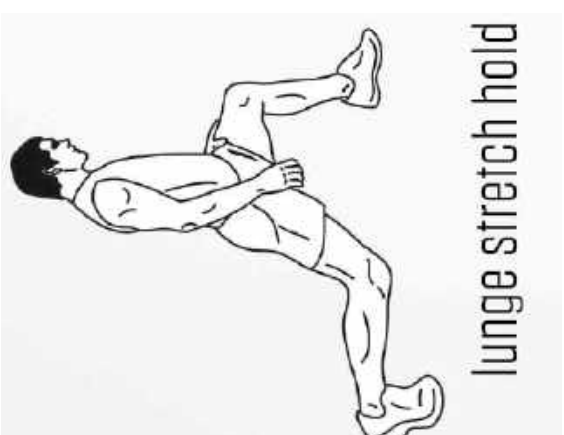
1. While sitting, slowly tilt your head to your right shoulder so that your right ear is almost touching your right shoulder for 5 seconds.
2. Bring your head back to the center of your body.
3. Tilt your head to the left shoulder so that your left ear is almost touching your left shoulder for 5 seconds.

neck rotations



1. Stand tall with feet shoulder width apart. Let arms hang down at sides. Shoulders should be relaxed and drooping down. This is the starting position.
2. Begin exercise by tilting head back.
3. Next, slowly roll your neck in a circular motion to the left for about 10 times.
4. Next, reverse movement and roll neck to the right 10 times.

fold along the line



1. Stand in a split stance with your right foot forward and your left foot straight back.
2. Bend your right knee about 90-degree angle. This should put you into a forward lunge position.
3. Put your hands on your hips and push your hips forward until you feel a stretch.
4. Hold the position for about 20-30 seconds.
5. Release and repeat on the other leg.



1. Begin in a forward lunge position and drop your left knee to the ground.
2. Place your hands on the ground with your right arm inside of your right knee.
3. Feel the stretch in your groin and hold the position for about 20-30 seconds.
4. Release and repeat on the other leg.



1. Sit with your legs stretched out in front of you.
2. Reach for your toes as far as you can and grab your feet with your hands.
3. Feel the stretch in your legs and hold the position for about 20-30 seconds.

fold along the line

Directions

- Fold along the solid line so that the paper folds in half (long way).
- Cut along each of the dotted lines.
- The instructions to each of the stretches should align with the picture on the backside.
- Use these cards and perform static stretches **after** your physical activities, once your muscles are warmed/relaxed.
- Static stretching is meant for extending your muscles in place for a period of time.
- To perform the stretches, follow the steps on the back of each cards.

Directions

- Fold along the solid line so that the paper folds in half (long way).
- Cut along each of the dotted lines.
- The instructions to each of the stretches should align with the picture on the backside.
- Use these cards and perform static stretches **after** your physical activities, once your muscles are warmed/relaxed.
- Static stretching is meant for extending your muscles in place for a period of time.
- To perform the stretches, follow the steps on the back of each cards.



forward bend

1. Stand tall with your back straight and feet shoulder width apart.
2. Bring your hands behind your head and interlace your fingers.
3. Bend at your hips and slowly bring your trunk forward to about 90 degrees.
4. Hold the position for about 20-30 seconds.
5. Slowly bring your trunk back towards a standing position and release.



back stretch

1. Stand tall with your back straight and feet shoulder width apart.
2. Bring your hands behind your back and interlace your fingers.
3. Gently pull your hands/arms away from your body till you feel a stretch.
4. Hold the position for about 20-30 seconds.
5. Bring your hands/arms back towards your body and release.

align yourself along the line



knee to chest hold

(One-legged version)

1. Lie on your back with your knees bent and your feet flat on the floor.
2. Raise one bent knee up toward your chest. Grasp your lower leg with both hands.
3. Gently pull your bent knee toward your chest, using your hands.
4. Hold the position for about 20-30 seconds.
5. Release and repeat on the other leg.



pull up knees

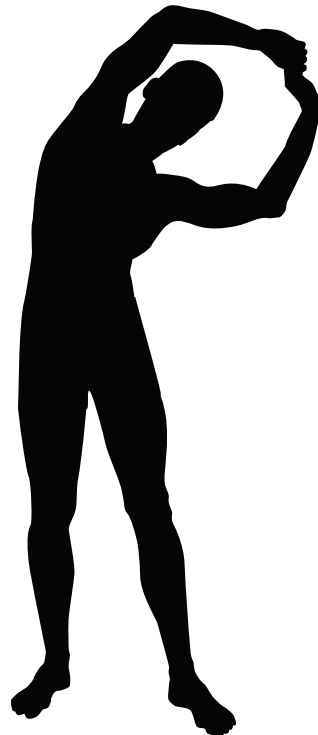
(Two-legged version)

1. Lie on your back with your knees bent and your feet flat on the floor.
2. Raise both bent knees up toward your chest. Grasp your lower legs with both hands and interlace your fingers.
3. Gently pull your bent knees toward your chest, using your hands.
4. Hold the position for about 20-30 seconds.
5. Release and return your legs to the floor.

ATHLETIC RECOVERY

Activity 3: Stretch & Spell

1. **Educational Handout:** Athletic Recovery (pg. 8)
2. **Possible Giveaways:** Sleep eye mask / herbal tea bags / meditation coloring pages / stretch bands + educational handout
3. **Supplies Necessary:** None
4. **Space Demands:** Safe, open space
5. **Estimated Time:** 3 minutes
6. **Script:** "Use your body to spell out a word one letter at a time and hold position for 20 seconds. Be as creative as you can be, as long as you can feel a stretch!"
7. **Directions:**
 - a. Have the athletes you're leading choose a word.
 - b. Encourage athletes to spell each letter of the word using their own bodies.
 - i. For example - Letter 'A' can be spelled using...
 1. *Upper body ONLY:* The arms to create a mountain top
 2. *Upper AND lower body:* The arms to create a mountain top and legs wider than shoulder width apart
 - ii. Look at pg. 35 for examples of how to form each letter using your body. These are just possible ways to form the letters, feel free to get creative to form the letters.



Goal:
To promote healthy
athletic recovery habits

ATHLETIC RECOVERY

Activity 3: Stretch & Spell

Tips & Tricks

Everyone is different and may need the activity to be further modified for them! This means making the activity either easier or harder depending on the person!

Possible ways to make the activity

EASIER:

- Seated stretches
- Include a visual for each letter
- Only use your upper body (arms)
- Athlete leaders counts out loud or uses a timer
- Athlete leader or coach chooses word
- **AND many more (feel free to be creative)!**

Possible ways to make the activity

HARDER:

- Hold the stretches longer
- Spell a longer word
- Create 2 ways to form each letter
- Must use arms and legs (if appropriate)
- Athletes count out loud
- **AND many more (feel free to be creative)!**

Not everyone will look the same while doing the activities and that's okay! Everyone will do their best with their natural capabilities! They know their body best and will do the activity how they need to do it to still gain the benefits of the activity!



Time considerations:

- Pending length of the word
- Pending length of hold

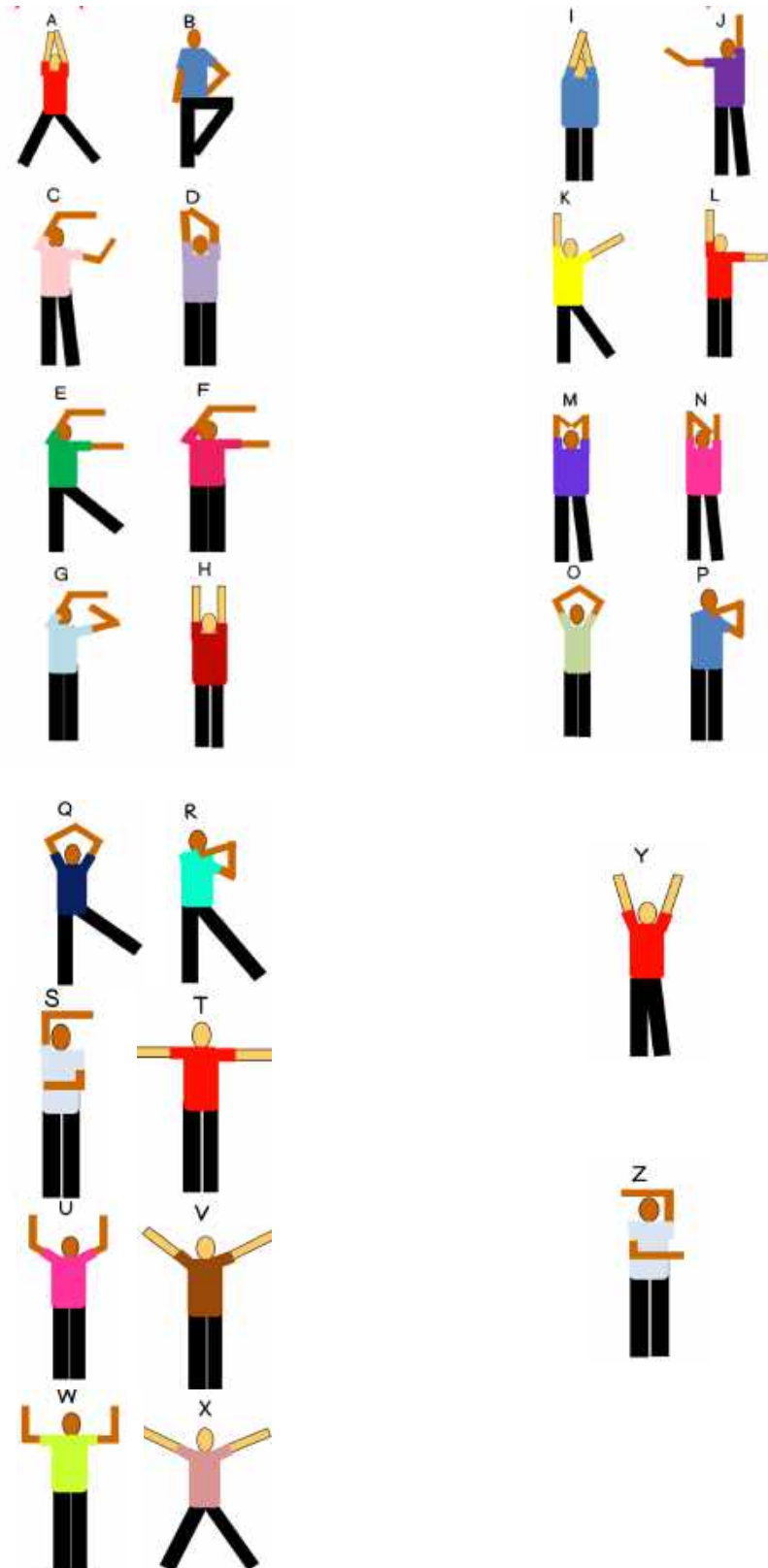


Seated option available



ATHLETIC RECOVERY

Activity 3: Stretch & Spell



INTERNET SAFETY

Activity 1: Stop/Go E-Safety Scenarios

1. **Educational Handout:** Internet Safety (pg. 9)
2. **Possible Giveaways:** Webcam privacy covers / SMART keychains or magnets
3. **Supplies Necessary:** E-Safety scenarios (pg. 38, Answer Key pg. 39)
4. **Space Demands:** Safe, open space
5. **Estimated Time:** 2-3 minutes
6. **Script:**
 - a. **Version 1:** "Let's play Stop and Go! I am going to give you 2 laminated signs--one red and one green. Green means 'safe/yes' and red means 'unsafe/no'. Please respond to the scenarios by holding up the green sign if you think the action is safe and hold up the red sign if you think the action is unsafe!"
 - b. **Version 2:** "Let's play Stop and Go! We are going to take 5-10 steps back from the table/station as the starting point. Please respond to the scenarios by moving forward if you think it's 'safe/yes' and not move if you think it's 'unsafe/no'."
 - c. *Remind athletes to wait to answer until each scenario is read completely.*
7. **Directions:**
 - a. "We're going to play Stop & Go!"
 - b. You should have a red object and green object. If you do not have red or green objects, you can use a thumbs up or thumbs down.
 - i. Green/thumbs up means 'safe/yes'
 - ii. Red/thumbs down means 'unsafe/no'
 - c. I'm going to read 3 scenarios and you will respond by holding up either a green sign/thumbs up if you think the action is safe and hold up the red sign/thumbs down if you think the action is unsafe!
 - i. Please wait to answer until I ask the question "Is this safe or unsafe?"
 - ii. Provide the athletes time to think and use their best judgement when answering,
 - iii. Do this for each scenario

Goal:
To improve internet
safety awareness



INTERNET SAFETY

Activity 1: Stop & Go E-Safety Scenarios

Tips & Tricks

Everyone is different and may need the activity to be further modified for them, whether that be for better understanding or giving out a prompt to help the athletes thought process! This means making the activity either easier or harder depending on the person!

Possible ways to make the activity

EASIER:

- Remove objects; use thumbs up/down
- Partner up!
- Increased amount of time to answer
- Print out of each scenario for visual
- Decrease # of scenarios
- **AND many more - Feel free to be creative!**

Possible ways to make the activity

HARDER:

- Perform an exercise with each choice
- Explain your answer
- Increase the # of scenarios you do
- Time limit to answer
- Athletes come up with scenarios not listed
- **AND many more - Feel free to be creative!**

Not everyone has the same experiences on the internet. Some will know more than others. It is important to know that this information is to help you become **SAFER** & more aware of your own actions on the internet as well as not to assume you are not currently safe.

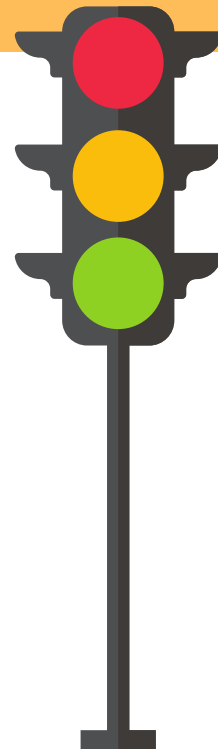


Time considerations:

- Pending # of scenarios
- Pending # amount of time needed to answer



Seated option available



INTERNET SAFETY

Activity 1: E-Safety Scenarios

- 1 You have been talking a friend online, but you have never met them in real life. They ask you to put your video camera on. Is this safe to do?
- 2 You have met a really cool person online and you have been getting along really well. They say they want to date you and ask you to send a picture of yourself. What do you do?
- 3 You met a new friend online named Alex. You like all of the same things and have a lot in common, but you have never met before in real life. Alex keeps asking you to meet up soon so you can do something fun together. You tell your trusted friend that Alex is making you uncomfortable.
- 4 You are playing an online game, and you are chatting to other people that are also playing the game. One person asks if you want to come over and play the game together at their house. You have only ever talked to them online. Should you go over to this person's house?
- 5 Someone tries to send you a picture online. You have never met this person before or talked to them online before. They say it is a picture of a friend that you know. You contact the friend and find out that they did not send the picture. You block the person that sent you the picture.
- 6 Someone you do not know emails you. The email says that there are pictures of cute dogs attached. You delete the email because you do not know the person.
- 7 You've found a really cool competition online. They say if you enter now you could win a lot of money. It only costs \$5, and they ask for your name, address and phone number. You look more into the competition and find out that there is no more information on the competition, you find that suspicious and don't provide your information.
- 8 Someone you don't know has e-mailed you to say you have won a prize. You don't remember entering any competition, but it says you have won \$10,000! They ask you for your bank account number so they can put the money in your account. What do you do?
- 9 You have received a few friend requests on Facebook from people you don't know. You delete the friend requests.
- 10 When you're online, a message pops up saying, "Hi, I'm Danny from England. I'm looking to make friends in America. Click here to send me an e-mail." You ignore the message and exit out of the message.
- 11 You have been talking to someone online, but you have never met them in real life. They are flirting with you, but ask you to keep your relationship a secret because it will make it more exciting. Do you keep it a secret?
- 12 You have been on a social networking site that you know your parents don't like you using. They ask you if you have been on it recently. What do you say?

INTERNET SAFETY

Activity 1: E-Safety Scenarios ANSWER KEY

- 1 **Unsafe:** You have been talking a friend online, but you have never met them in real life. They ask you to put your video camera on. Is this safe to do?
- 2 **Unsafe:** You have met a really cool person online and you have been getting along really well. They say they want to date you and ask you to send a picture of yourself. What do you do?
- 3 **Safe:** You met a new friend online named Alex. You like all of the same things and have a lot in common, but you have never met before in real life. Alex keeps asking you to meet up soon so you can do something fun together. You tell your trusted friend that Alex is making you uncomfortable.
- 4 **Unsafe:** You are playing an online game, and you are chatting to other people that are also playing the game. One person asks if you want to come over and play the game together at their house. You have only ever talked to them online. Should you go over to this person's house?
- 5 **Safe:** Someone tries to send you a picture online. You have never met this person before or talked to them online before. They say it is a picture of a friend that you know. You contact the friend and find out that they did not send the picture. You block the person that sent you the picture.
- 6 **Safe:** Someone you do not know emails you. The email says that there are pictures of cute dogs attached. You delete the email because you do not know the person.
- 7 **Safe:** You've found a really cool competition online. They say if you enter now you could win a lot of money. It only costs \$5, and they ask for your name, address and phone number. You look more into the competition and find out that there is no more information on the competition, you find that suspicious and don't provide your information.
- 8 **Unsafe:** Someone you don't know has e-mailed you to say you have won a prize. You don't remember entering any competition, but it says you have won \$10,000! They ask you for your bank account number so they can put the money in your account. What do you do?
- 9 **Safe:** You have received a few friend requests on Facebook from people you don't know. You delete the friend requests.
- 10 **Safe:** When you're online, a message pops up saying, "Hi, I'm Danny from England. I'm looking to make friends in America. Click here to send me an e-mail." You ignore the message and exit out of the message.
- 11 **Unsafe:** You have been talking to someone online, but you have never met them in real life. They are flirting with you, but ask you to keep your relationship a secret because it will make it more exciting. Do you keep it a secret?
- 12 **Unsafe:** You have been on a social networking site that you know your parents don't like you using. They ask you if you have been on it recently. What do you say?

INTERNET SAFETY

Activity 2: Fauxbook Interactive Education

1. **Educational Handout:** Internet Safety (pg. 9)
2. **Possible Giveaways:** Webcam privacy covers / SMART keychains or magnets, Internet Safety Checklist magnet
3. **Supplies Necessary:** Printed + laminated Fauxbook Interactive Poster (pg. 42)
4. **Space Demands:** Table-top space & personal space
5. **Estimated Time:** 2-3 minutes
6. **Script:** "Who has heard of Facebook or has one? We are going to look at a made up Facebook called Fauxbook and explore what is appropriate and not appropriate to share on social networking sites like Facebook."
7. **Directions:**
 - a. Look at a mock Facebook and decide if the information/posts/comments on this Fauxbook is appropriate or not.
 - b. Engage with the poster by using dry-erase markers to mark the areas/sections of the poster that may/may not be appropriate on the site.



Goal:
To improve internet
safety awareness

INTERNET SAFETY

Activity 2: Fauxbook Interactive Education

Tips & Tricks

Everyone is different and may need the activity to be further modified for them! This means making the activity either easier or harder depending on the person!

Possible ways to make the activity

EASIER:

- Complete seated
- Give prompts
- Partner up!
- One section at a time (focus on about section first, then move on)
- **AND many more (feel free to be creative)!**

Possible ways to make the activity

HARDER:

- Complete standing
- Set a time limit
- Ask: Why is this appropriate or not?
- Ask: What could you do to make this more appropriate?
- **AND many more (feel free to be creative)!**

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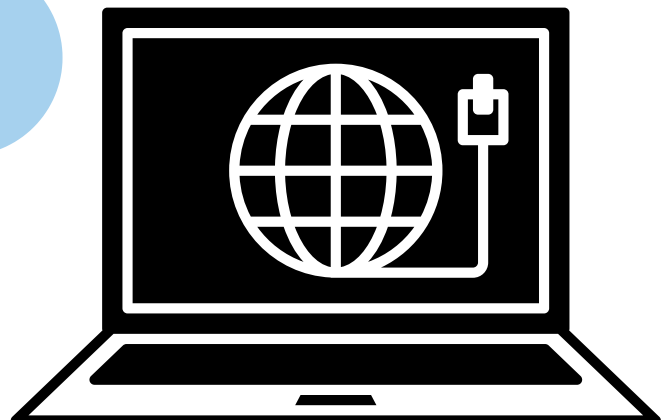


Time considerations:

- Pending # of questions asked
- Pending amount of support needed



Seated option available



Fauxbook



Jane Doe

About

Birthday: January 10, 2005

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Friends

[See All Friends](#)

1000 friends



Mindy Cook



Maria Gamez



Liz Pool



Special
Olympics
Pennsylvania



Alex Forbes



Jon Clark



What's on your mind?


Posts



Mindy Cook ► Jane Doe



Jane, wanna hang out at the King of Prussia Mall tonight?

 Like

 Comment



Jane Doe

Ok, meet me at the Five Below at 6:30.



Carly Walker


You two should stay home! The mall is for cool people.



Derek Davis ► Jane Doe



Jane, you don't know me, but you have a great smile! Wanna meet sometime?

 Like

 Comment



Write a comment...

INTERNET SAFETY

Activity 3: Internet Safety Checklist Quick Quiz

1. **Educational Handout:** Internet Safety (pg. 9)
2. **Possible Giveaways:** Webcam privacy covers / SMART keychains or magnets
3. **Supplies Necessary:** Internet Safety Checklist (pg. 45)
4. **Space Demands:** Table-top space & personal space
5. **Estimated Time:** 3-5 minutes
6. **Script:** "We're going to go through the Internet Safety Checklist and then I'm going to ask you quick quiz questions about the Internet Safety Checklist to test your knowledge!"
7. **Directions:**
 - a. Show the athletes the internet safety checklist (pg. 45)
 - b. Go over/read each of the points on the checklist with the athletes
 - c. Educate on the importance of going through the Internet Safety Checklist every time you use the internet.
 - i. Example: Going through the checklist every time you use the internet to help you identify potential threats or unsafe situations in order to stay safe while using the internet.
 - d. Ask quick quiz questions about the internet safety checklist
 - i. Provide athletes with time to think and answer the questions
 - ii. Page (46) (Answer Key pg. 47)

Goal:
To improve
internet safety



INTERNET SAFETY

Activity 3: Internet Safety Checklist Quick Quiz

Tips & Tricks

Everyone is different and may need the activity to be further modified for them! This means making the activity either easier or harder depending on the person!

Possible ways to make the activity

EASIER:

- Athlete leaders read checklist to group
- Print out visual for each athlete
- Spread out checklist over multiple meetings
- Provide examples of when the athlete may see these dangers
- When asking quiz questions, allow athletes to look at the checklist
- **AND many more - Feel free to be creative!**

Possible ways to make the activity

HARDER:

- Athletes read checklist to group
- Ask NEW questions to athletes
- Ask athletes to name when these items may be a potential threat
- Ask athletes to add items to the checklist not already included
- Before showing the checklist, ask the athletes what they think should be included
- **AND many more - Feel free to be creative!**

Not everyone has the same experiences on the internet. Some will know more than others. It is important to know that this information is to help you become **SAFER** & more aware of your own actions on the internet and not to assume you are not currently safe



Time considerations:

- Pending # of questions asked
- Pending amount of support needed



Seated option available



INTERNET SAFETY

Internet Safety Checklist

- ✓ **Seven things you should never tell people (you don't know) about yourself on the Internet**
 1. Full name
 2. Home address
 3. Phone number
 4. Email address
 5. Passwords/Pin numbers
 6. Pictures of yourself/What you look like
 7. Where you go to work, school, etc.
- ✓ **Do not open emails from people you don't know**
 - They may contain viruses
 - There may be inappropriate pictures or words
- ✓ **Scams to watch out for:**
 - Emails that have a friend's name in the Sender section but are not from them
 - Emails asking you to give out your personal/account information
 - Pop-up ads saying, "Click here, you just won something!"
- ✓ **Never meet people offline you don't know**
 - People can lie about who they are
 - Do not even respond to the contact
 - If someone is trying to meet you offline tell a trusted individual
- Cyberbullying**
 - ✓
 - Do not say things online that you would not say in person
 - The internet is forever and what is put online never goes away
 - If you or someone you know is being cyberbullied, tell a trusted individual
- Social media**
 - ✓
 - Never tell people you are not home or where you will be
 - Never say bad things about others or threaten anyone
 - Never offer any personal information about yourself

INTERNET SAFETY

Activity 3: Internet Safety Checklist Quick Quiz Questions

- 1 What is something you should never tell others about yourself over the internet?
- 2 What should you do if you receive an email from someone you don't know?
- 3 What could happen if you open an email from someone you don't know?
- 4 What is a scam you should look out for?
- 5 Should you meet in person with people who you met online?
- 6 What should you do if you or someone you know are experiencing cyberbullying?
- 7 What should you never do on social media?



INTERNET SAFETY

Activity 3: Internet Safety Checklist Quick Quiz Questions ANSWER KEY

- 1 What is something you should never tell others about yourself over the internet?
 - Full name, home address, phone number, email address, passwords/pin numbers, pictures of yourself/what you look like, & where you go to work, school, etc
- 2 What should you do if you receive an email from someone you don't know?
 - Delete the email or do not open it
- 3 What could happen if you open an email from someone you don't know?
 - You may get a virus or there may be inappropriate pictures or words in the email
- 4 What is a scam you should look out for?
 - Emails that have a friend's name in the Sender section but are not for them
 - Emails asking you to give out your personal/account information
 - Pop-up ads saying, "Click here, you just won something"
- 5 Should you meet in person with people who you met online?
 - No. If you do not know the people you chat with online you should not meet them in person.
- 6 What should you do if you or someone you know are experiencing cyberbullying?
 - Tell someone you trust.
 - Cut off contact with that individual.
- 7 What should you never do on social media?
 - Provide your address, your bank information, or your exact location.
 - Post revealing pictures.
 - Allow people you do not know to be friends.

Special Olympics
Healthy Habits



RESOURCES FOR HEALTHY HABITS STATIONS



RPE Scale

RPE stands for **Rate of Perceived Exertion**. Perceived exertion means, "How hard do I feel when I am exercising?" RPE Scale is a tool you use to tell others how your body is feeling when you exercise. Athletes who exercise in green zones are getting the right amount to be healthy! You should aim to get 60 minutes of exercise in the green zones every day.

My Number	My Face	Physical Activity Intensity Level	What I may be feeling...
1		Light Activity	Super easy!
2		Moderate Activity	I'm feeling warm!
3		Vigorous Activity	I'm huffing and puffing!
4		Hard Activity	Can't talk right now!
5		Difficult Activity	Gasping for air!

ENDURANCE

Boost Your Endurance!

4 Tips to Improve Your Endurance

1

Maintain Balance

Train **HARD** but also **REST!** Plenty of sleep provides your body with the energy you need for the next day.

2

Increase Physical Activity Intensity

Perform physical activities at **moderate-** to **vigorous-** intensity level (*refer to **RPE scale***). You know you have increased the intensity when you're out of breath and feel the burning sensation in the muscles being worked.

3

Remember Frequency & Duration

Do at least **30 minutes** of moderate- to vigorous -intensity activities, **5 times a week**. (For example, *brisk walk* for moderate intensity or *run* for vigorous intensity.)

4

Think Mind Over Matter

Use the **power of your mind**. Our minds are the key to either pushing our bodies or stopping short.



ENDURANCE

Conserve Your Energy!

The 4 P's for More Energy

1 Positioning

Keep your body **straight** when you perform a task. Avoid awkward or tiring posture that may affect your performance or breathing. Poor posture consumes more energy.

2 Pace Yourself

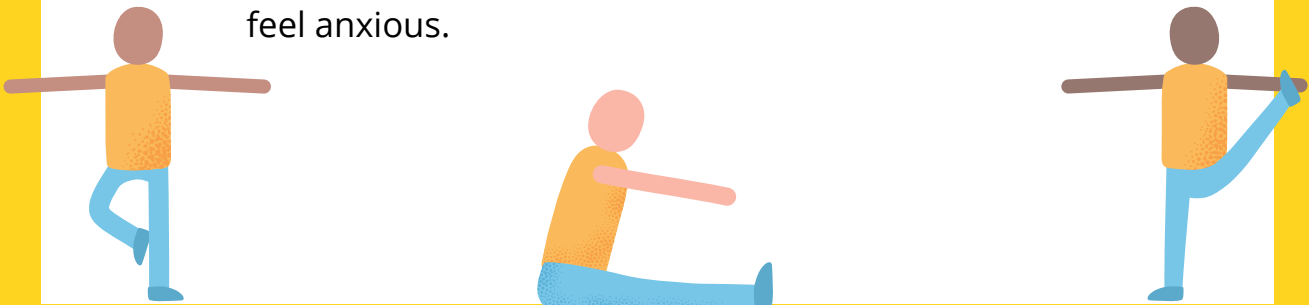
Use **steady pace** when performing physical activities. Don't rush! Fast is not always good, especially if it affects your posture/body positioning.

3 Positive Attitude

Focus on what you **CAN** do rather than what you can't do. Find ways to adapt/modify your activities so that you can continue to perform them.

4 Pursed Lip Breathing

Use pursed lip **breathing technique** when you exercise or when climbing stairs. It may also help calm you when you feel anxious.



ENDURANCE

Pursed Lip Breathing

Follow these steps

1 Relax your neck & shoulder muscles

2 Breathe in slowly through your nose (for 2 counts)

like you are going to "smell the roses"



3 'Purse' your lips
like you are going to whistle

4 Breathe out slowly through your pursed lips (for 4 counts)

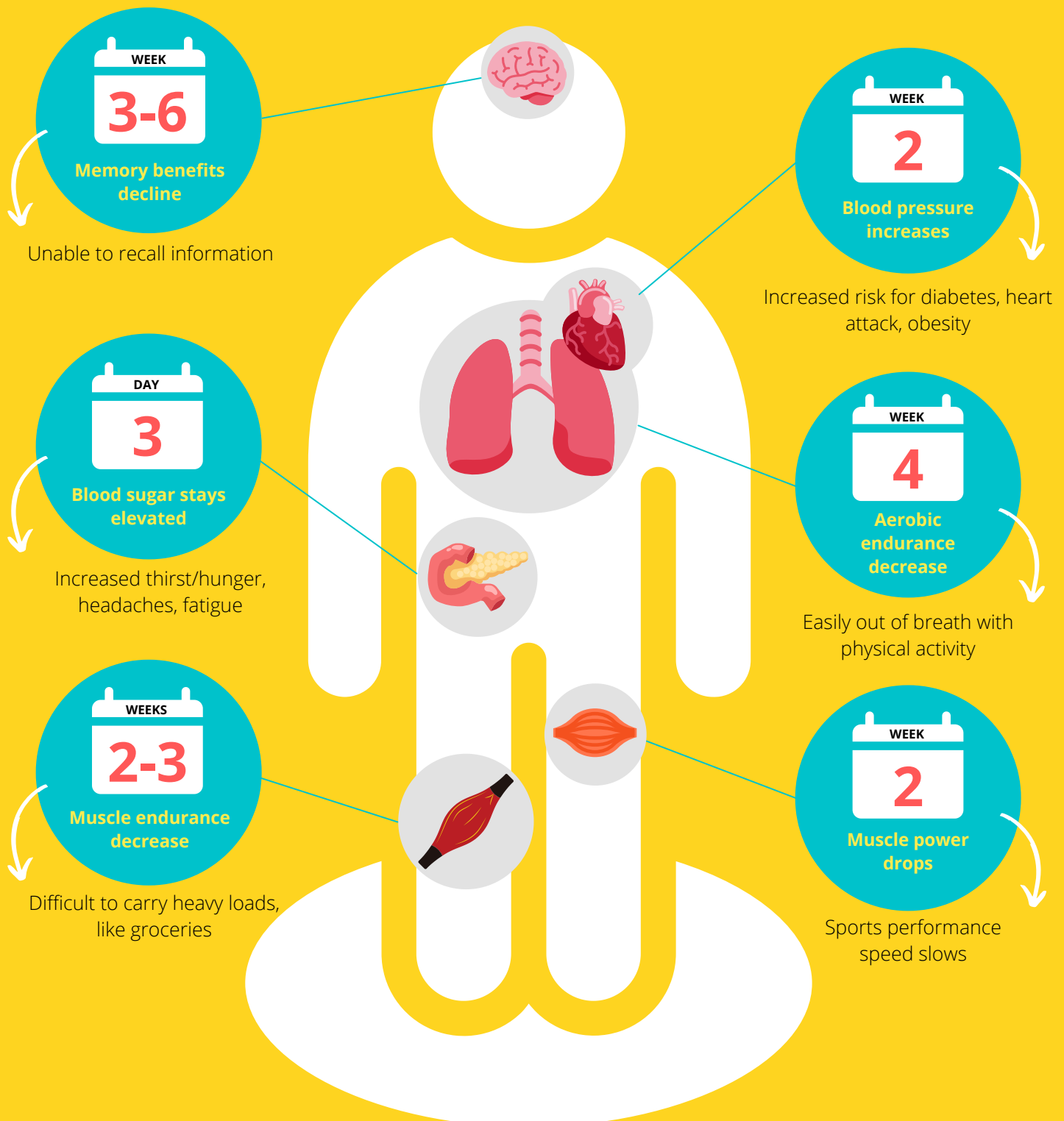
like you are gently "blowing out a candle"



Practice pursed lip breathing any time. It may be helpful during activities such as bending, lifting, or stair climbing. With regular practice, this technique will get easier and become your everyday breathing.

What Happens to Your Body When You Stop Exercising?

How many days does it take to lose your endurance, strength, and more?

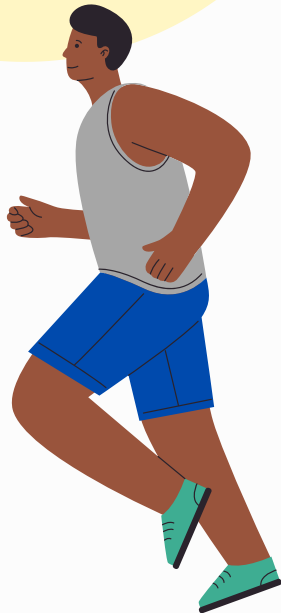


ENDURANCE: AT HOME TIPS



"CHAT ABOUT IT!"

- What does endurance mean to you?
- What part of a sustained activity or exercise feels uncomfortable to you? *Talk about the discomfort and the recovery.*
- Name examples of activities or exercises that you think would improve your endurance!
- What RPE level are you at during and after an exercise/activity?
- Do you know when you should take a rest?



FUNCTIONAL REASONING:

- Socialization is facilitated through conversations and various interactions.
- Incorporating a competition aspect into activities will further motivate athletes to challenge themselves to better improve their endurance.
- Building routines around a healthy lifestyle including proper exercise, hydration, and nutrition can promote self-efficacy and improved muscle functions, joint mobility, cognitive skills, and decrease risk of co-morbidities.

It is so important to challenge yourself and understand the body sensations you may feel when you do that.

Pushing yourself, in a healthy way, improves your endurance! As family members, supporters, and fellow athletes, you can challenge other athletes to further improve their endurance and support healthy habits towards an endurance building lifestyle.

ACTIVITIES YOU CAN DO WITH ATHLETES AT HOME:

- **Engage in "Chat About It!"**
 - Use the prompts to engage in conversations on endurance and relevant healthy habits.
- **Have Friendly Competitions!**
 - A fun way that promotes the use of competitions to challenge yourself and other athletes to obtain greater endurance.
 - Examples:
 - *Racing*
 - Who can walk from one stop sign/tree/etc., to the next, the fastest. The most repetitions?
 - Who can make the bed correctly the fastest with no rest breaks?
 - If exercising together, who can do the *most of each exercise?* *Talk about how your breathing and body feel!* *How can you make it harder or easier?*
 - Host weekly/ biweekly olympic style games with friends and family
 - Track each family members/ friends/supporters' activities/exercises for 1 month - compete to see who does the most
 - **Incorporate the RPE scale into your routine -** *ask what number are you right now? Should we get it higher or lower?*
 - **Be a Role Model**
 - Show off your endurance habits and explain why you do them!

ATHLETIC RECOVERY

Sleep Hygiene

5 Tips to Improve your Sleep

What is sleep hygiene?

Good sleep habits and routines to increase physical health, mental health, and quality of life.

- 1 Keep a Consistent Sleep Schedule**
Try to get up and sleep at the same time everyday, even on the weekends! Repetition will make it easier.
- 2 Unplug**
The light that comes off from your devices disrupt sleep. Put away your electronic devices before bed!
- 3 Limit your Caffeine Intake**
Cut down on drinks with caffeine (like sodas, tea, coffee) in the afternoon and evening. It can keep you wired even when you want to rest, so try to avoid it later in the day!
- 4 Limit Napping or AVOID it**
10-20 minute naps before 3pm can help regain energy during the day. Anything longer than that can throw off sleep schedule. Try to set an alarm to take a short one or avoid it.
- 5 Exercise Regularly**
Being physically active throughout the day makes it easier to sleep at night.



ATHLETIC RECOVERY

Rest

5 Relaxation Strategies

What is Rest?

Giving the body and mind time to repair and restore energy in order to recover.

1

Breathing

Concentrating on your breathing so the rest of your body can relax itself.

2

Body Scan

Paying attention to parts of your body from your head to your feet.

3

Guided Imagery

Mind-body meditation to reduce stress and imagine peaceful images.

4

Meditation

Closing your eyes to quiet your mind and relax your body.

5

Yoga

Meditative movements improve mental/emotional health, sleep, and balance.



ATHLETIC RECOVERY

Breathe

4 Breathing Techniques

Breathing exercises don't have to take a lot of time out of your day!

1 Deep Breathing

While standing or sitting, bring your elbows back slightly to expand your chest. Inhale deeply through your nose. Hold your breath for a count of 5. Slowly release your breath, exhaling through your nose.

2 2-7-8 Breathing

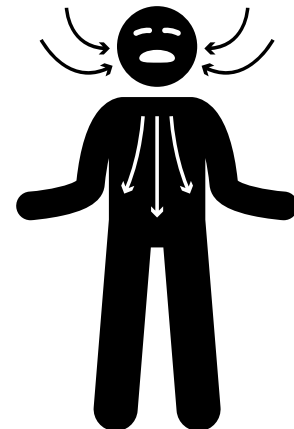
Breathe in through your nose for 2 counts. Hold your breath for 7 counts. Breathe out forcefully through your mouth for 8 counts, making a 'whoosh' sound.

3 Box Breath

Breathe in BIG for 5 counts. Hold for a count of 5. Breathe out slowly for a count of 5. Repeat 4-5 times.

4 Warrior Breath

Inhale/exhale with no pause 21 times. Repeat 4-5 times.



Quick Tip: How to add breathing exercises to your day



1 Find a safe space

Sit or stand in a quiet space where you feel comfortable.

2 Begin with 5 minutes

If 5 minutes feels too long, start with just 2 minutes. Increase your time as the exercises become easier.

3 Practice multiple times a day

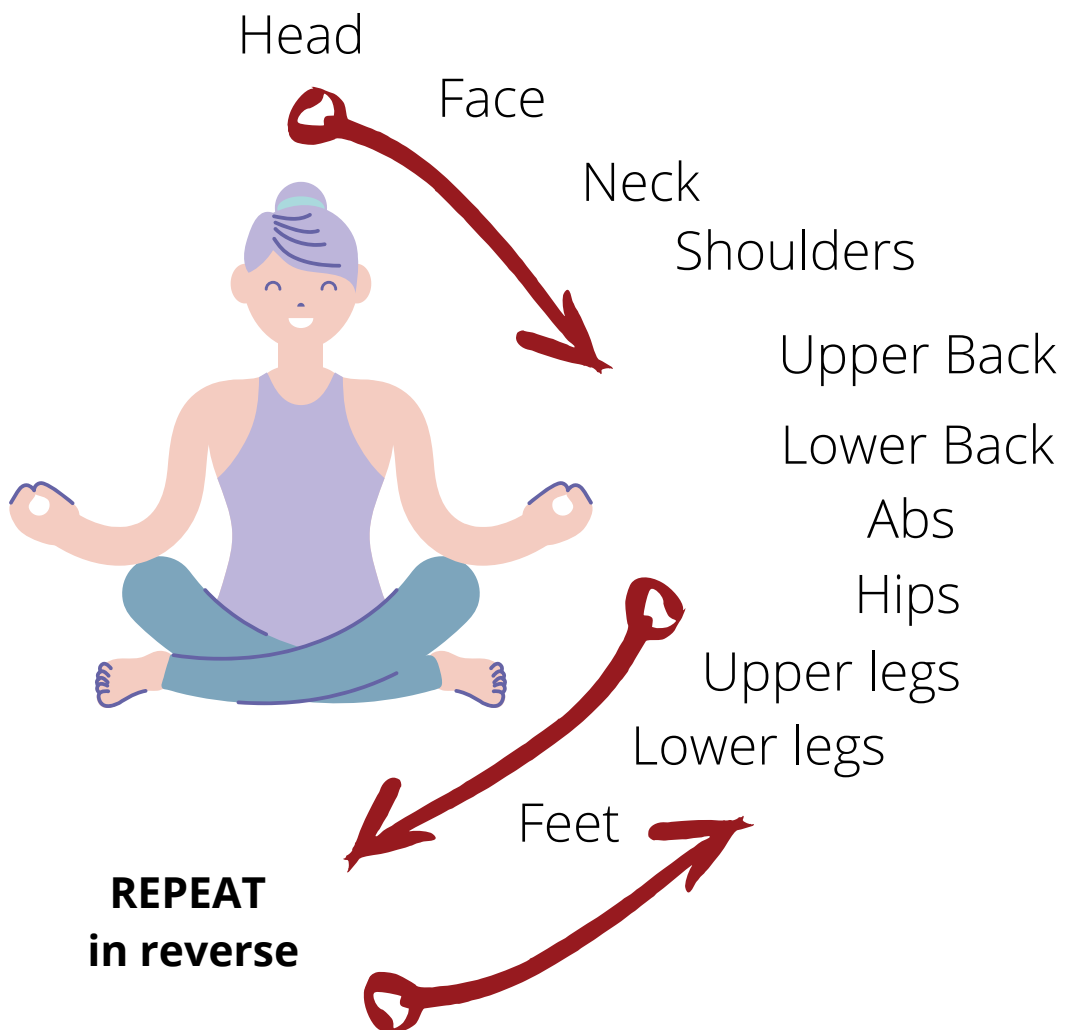
Schedule a set time to practice breathing as you feel the need.

ATHLETIC RECOVERY

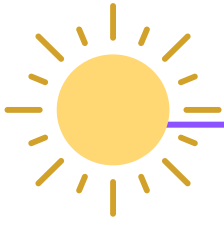
Body Scan

Follow these steps

- 1 Take ten deep breaths to relax**
- 2 Focus on the sensations in your body in this order:**



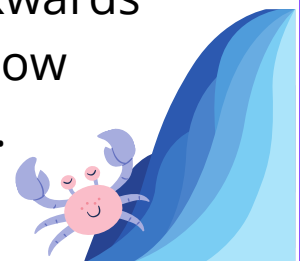
ATHLETIC RECOVERY



Guided Imagery

Follow these steps

- 1** Find a comfortable place to sit or lie down free from distractions.
- 2** Start by taking 6 breaths to help you relax.
- 3** Close your eyes. Imagine something peaceful such as the beach or the mountains.
- 4** Breathe in and smell the scent of the ocean or tropical flowers. Feel the warmth of the sun.
- 5** Stay in the scene as long as you'd like.
- 6** When are you ready, count backwards from 10. Open your eyes and allow yourself to feel calm for the day.



ATHLETIC RECOVERY

Meditation

Follow these steps

1

Sit down comfortably.



2

Set a timer for 5 minutes and close your eyes.

3

Focus on your breath. Is it fast or slow? Deep or flat? Notice your chest and belly rising and falling with your breath.

4

Keep experiencing every breath fully. Don't try to control it. When you notice your mind wandering away, gently bring it back to your breath. Continue until your timer goes off.

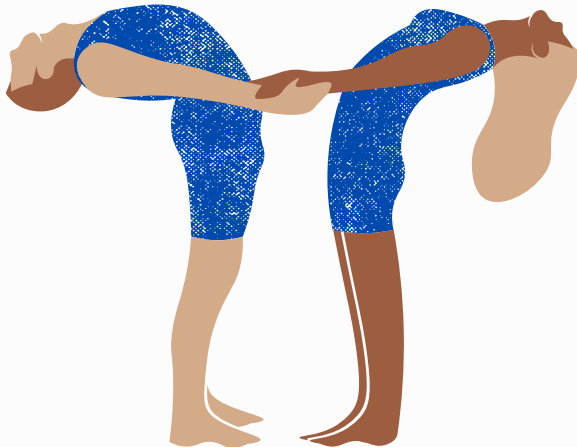
ATHLETIC RECOVERY: AT HOME TIPS



Athletic recovery ensures athletes allow their bodies and minds time to recover following exercise/activity. As family members, support persons, and fellow athletes you are able to reinforce healthy routines and habits regarding recovery!

"CHAT ABOUT IT!"

- What does athletic recovery mean to you?
- What do you like to do after exercising or after a lot of sustained activity?
- How does your body feel after engaging in a relaxing activity following exercise?
- Can you notice a difference in your body before and after completing the relaxing activity?



ACTIVITIES YOU CAN DO WITH THE ATHLETES AT HOME:

- **Engage in "Chat About It!"**
 - Use these prompts to talk to athletes to promote the use of healthy habits to ensure athletic recovery is being addressed.
- **Yoga, Meditation, & Breathing exercises**
 - Tracing hand breathing
 - Expandable ball opening and closing breathing
 - 5-4-3-2-1 meditation
 - Family yoga videos on youtube
 - And many more!
- **Try new recovery activities together**
 - Try new activities together each week and discuss your thoughts!
- **Be a Role Model**
 - Show off your athletic recovery habits and explain why you do them!

FUNCTIONAL REASONING:

- Socialization is facilitated through conversations and various interactions.
- Education on the importance of recovery following activity will promote athlete's healthy habits/routines and lead to improved overall wellbeing. Having further knowledge on activity recovery also promote self-efficacy regarding those components.
- Incorporating meditation and breathing exercises that can be done together promotes a feeling of belonging while allowing recovery of mental health compared to strictly physical health.

INTERNET SAFETY



S.M.A.R.T

Follow these tips



S

Stay Safe

Don't give out personal information to people/places you don't know.

M

Don't Meet Up

Meeting up with someone you only met online can be dangerous. Always check with someone you trust.

A

Accepting Files

Accepting emails, files, pictures, or texts from people you don't know can cause problems.

R

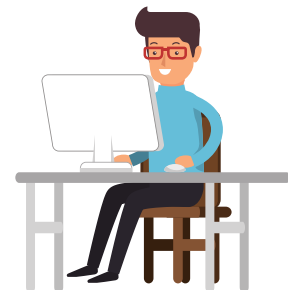
Is it Real?

Check the information before you believe it. Is the person or the website telling the truth?

T

Tell Someone

Tell someone you trust if someone or something makes you feel worried or uncomfortable.



INTERNET SAFETY

Internet Safety

Know the difference

Cyber Security

The practice of protecting computers, networks, programs and data from digital attacks.



Cyber Awareness

The knowledge, attitude and behaviors that aim to protect our information assets.



Cyber Safety

Safe and responsible use of information and communication technologies.



INTERNET SAFETY: AT HOME TIPS



Internet safety is so important! You as a family member, support person, or fellow athlete have the opportunity to promote good internet safety habits!

"CHAT ABOUT IT!"

- How are you promoting internet safety to others?
- What are some habits you have regarding internet safety?
- How will you spread internet safety awareness?
- Discuss examples or experiences of safe vs. unsafe situations
- What should you look out for?



ACTIVITIES YOU CAN DO WITH THE ATHLETES AT HOME:

- **Engage in "Chat About It!"**
 - Use these prompts to talk to athletes to promote problem solving and awareness on internet safety.
- **Friday Night Dinner Topics**
 - Weekly mealtime discussions are great ways to bring up internet safety scenarios and have an open dialogue. Establishing this routine will strengthen safety awareness.
- **Encourage & demonstrate the use of the internet safety checklist**
 - Practice this every time you go on the internet to build healthy habits
- **Be a Role Model**
 - Show off your internet safety habits and explain why you do them!

FUNCTIONAL REASONING:

- Socialization is facilitated through conversations and various interactions.
- Athletes are encouraged to utilize their thoughts and higher level cognitive skills, like judgement and insight, to use/discuss internet safety.
- People are a product of their habits and routines. Therefore, promoting routine dialogue and healthy habits will decrease the risk of poor judgement while on the internet.

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