2020 VIRTUAL SUMMER GAMES

THURSDAY, JUNE 11
BEACH DAY!

LOOK INSIDE!
WELCOME TO 2020 VIRTUAL SUMMER GAMES

Special Olympics Illinois is proud to bring you the first-ever Virtual Summer Games. The virtual event will take place Tuesday, June 9 – Sunday, June 14. Starting with an Opening Ceremony on June 9 and ending with a Closing Ceremony and Victory Dance on June 14, we look forward to sharing many fantastic programs and activities.

The athletes of Special Olympics Illinois are some of the most determined and resilient people on earth. Special Olympics Illinois stands together through adverse times. Although we may not be together on the field, we are an inclusive community that always stands strong and, more importantly, together.

A NEW WAY TO PLAY

View today’s exciting schedule below. In between all the action, we hope you will check out the fun activities in this booklet and celebrate the theme of each day – crafted by our Unified Champion Schools students.

We will also be highlighting the spirit of the games across virtualsummergames.soill.org, Facebook, Instagram, Twitter, and LinkedIn.

The Virtual Summer Games is open to anyone: whether you are a Special Olympics Illinois athlete, volunteer, supporter, or just someone wanting to be a part of this first-of-its-kind event that celebrates inclusion, on and off the field of play.

We know if we stay focused and stand together, we can overcome anything. We know if we work hard and stand together, we can accomplish great things. #SOILLStandsTogether

BEACH DAY

The Red Kite Project Drama Class
Chicago Duck Derby Sneak Peek
Move It Minute | The Daily Leader
Today's Healthy Habit
Featured Spirit Week Activity

ASL Class | Young Athletes Challenge

virtualsummergames.soill.org
AT THE BEACH CROSSWORD

Write the words in the corresponding place in the crossword.
Summer Fun at the Beach

My family loves to visit the beach in summer. On our last trip, _______ and I explored the rock pools and saw _______ _________ and a very _______ starfish. It was great fun until I was bitten on the finger by a ________________! Then _______ swam out really far until he/she came face-to-face with a ________________! His/her face turned bright __________ as he/she swam back to shore as fast as a __________. _________ and I had a competition to see who could build the tallest sand __________. Mine was _______ feet tall and I decorated it with _______ _________ and __________. At the end of the day, we were all _______ and _________ as we headed home in our ________, ________, __________.
Find The Hidden Ballerina
SIGN LANGUAGE
ALPHABET

Aa  Bb  Cc  Dd  Ee  Ff
Gg  Hh  Ii  Jj  Kk
Ll  Mm  Nn  Oo  Pp
Qq  Rr  Ss  Tt  Uu  Vv
Ww  Xx  Yy  Zz

https://www.youtube.com/watch?v=tx3ZIKAMau4 - ASL Sports
SUMMER FUN!
The little girl has just walked to the beach but has forgotten her bucket. Can you help her find it?
Bathing Suit  Pelican  Scuba  Surfboard
Bikini  Sailboat  Seagull  Tropical
Boardwalk  Sandals  Seashell  Vacation
Lifeguard  Sand Castle  Sunglasses  Waves
SUN SAFETY

SUN SAFETY IS IMPORTANT because it protects us from:
- Skin Damage
- Skin Cancer
- Heat Stroke
- Heat Exhaustion

SUNLIGHT IS
the main source of VITAMIN D
BUT ALSO the main cause of SKIN CANCER
- Our bodies need Vitamin D. We produce it mainly from sunlight. How much sun we need varies.
- Enjoying the sun safely and avoiding sunburn should help you get a good balance.

ENJOY THE OUTDOORS
Being physically active outside is healthy and can help prevent conditions like obesity. But it’s important to be sun smart when playing and working outdoors.

MY GOAL: Be Safe in the Sun

USE A LAYERED APPROACH FOR SUN PROTECTION
- Sunscreen must be re-applied every 2 hours after swimming, sweating or toweling off.
- Wear a hat, sunglasses and protective clothing to shield skin and eyes.
- Use broad spectrum sunscreen with at least SPF 15 to protect exposed skin.
- Seek shade, especially during midday hours.

THINGS TO LOOK FOR IN A SUNSCREEN

WATER RESISTANT
For up to 40 or 80 minutes. Sunscreens are not waterproof or sweat proof and need to be reapplied.

SPF 15 OR HIGHER
This tells you how well a sunscreen protects you from a sunburn.

BROAD SPECTRUM
Means a sunscreen protects the skin from ultraviolet A (UVA) and ultraviolet B (UVB) rays.
Jack and Sophie’s

Very Berry Smoothie Recipe

Ingredients:
• Frozen Blueberries
• Frozen Blackberries
• Frozen Raspberries
• Orange Juice
• Ice

Don’t miss Jack and Sophie LIVE on our Facebook Page making this smoothie! Tune in Thursday, June 11th, at 11:00am.
Jamie and Cori's

Strawberry Pineapple Whip Smoothie Recipe

Ingredients:
• 1 Cup Strawberries
• 1 Cup Pineapple
• 1/2 Cup Ice
• 1/2 Cup Coconut Milk
• 2 tbsp Sweetened Condensed Milk

Don't miss Jamie and Cori LIVE on our Facebook Page making this smoothie! Tune in Thursday, June 11th, at 11:00am.
Scavenger Hunt

Special Olympics Illinois Spirit Week

See the Clue
Find the Object
Post a Picture!

Don't Forget to Tag Us!
Facebook: @UCSILlinois
Instagram: @UCSILlinois

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"Scavenger Hunt Clue #1"
You dry off with me...
What am I?
Don't Forget to Tag Us!
Facebook: @UCSILlinois
Instagram: @UCSILlinois

"Scavenger Hunt Clue #2"
I keep the sun out of your eyes...
What am I?
Don't Forget to Tag Us!
Facebook: @UCSILlinois
Instagram: @UCSILlinois

"Scavenger Hunt Clue #3"
I help you swim faster...
What am I?
Don't Forget to Tag Us!
Facebook: @UCSILlinois
Instagram: @UCSILlinois

"Scavenger Hunt Clue #4"
I keep you afloat...
What am I?
Don't Forget to Tag Us!
Facebook: @UCSILlinois
Instagram: @UCSILlinois

"Scavenger Hunt Clue #5"
I make sure you don't get sunburned...
What am I?
Don't Forget to Tag Us!
Facebook: @UCSILlinois
Instagram: @UCSILlinois

"Scavenger Hunt Clue #6"
I keep you afloat on the water...
What am I?
Don't Forget to Tag Us!
Facebook: @UCSILlinois
Instagram: @UCSILlinois

"Scavenger Hunt Clue #7"
I am filled with air and tossed around...
What am I?
Don't Forget to Tag Us!
Facebook: @UCSILlinois
Instagram: @UCSILlinois

"Scavenger Hunt Clue #8"
She sells me by the seashore...
What am I?
Don't Forget to Tag Us!
Facebook: @UCSILlinois
Instagram: @UCSILlinois

"Scavenger Hunt Clue #9"
You wear me in the water at the beach...
What am I?
Don't Forget to Tag Us!
Facebook: @UCSILlinois
Instagram: @UCSILlinois

"Scavenger Hunt Clue #10"
You build castles with me...
What am I?
Don't Forget to Tag Us!
Facebook: @UCSILlinois
Instagram: @UCSILlinois

"Scavenger Hunt Clue #11"
You need me to stay hydrated but don't drink me out of the ocean...
What am I?
Don't Forget to Tag Us!
Facebook: @UCSILlinois
Instagram: @UCSILlinois

"Scavenger Hunt Clue #12"
I provide a shady spot...
What am I?
Don't Forget to Tag Us!
Facebook: @UCSILlinois
Instagram: @UCSILlinois

"Scavenger Hunt Clue #13"
I keep the sun out of your eyes, but I am not glasses...
What am I?
Don't Forget to Tag Us!
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Instagram: @UCSILlinois

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