2020 VIRTUAL SUMMER GAMES

SUNDAY, JUNE 14
CLOSING CEREMONY / RESPECT 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
## Six Pillars of Characters

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<th>Character</th>
<th>Color</th>
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| Trustworthiness| Blue: Think True Blue | - Be honest  
- Don’t deceive, cheat or steal  
- Be reliable—do what you say you’ll do  
- Have the courage to do the right thing  
- Build a good reputation  
- Be loyal—stand by your family, friends and country |
| Respect        | Yellow/Gold: Think the Golden Rule | - Treat others with respect; follow the Golden Rule  
- Be tolerant of differences  
- Use good manners, not bad language  
- Be considerate of the feelings of others  
- Don’t threaten, hit or hurt anyone  
- Deal peacefully with anger, insults and disagreements |
| Responsibility | Green: Think being responsible for a garden of finances; or as in being solid and reliable like an oak | - Do what you are supposed to do  
- Persevere: keep on trying!  
- Always do your best  
- Use self-control  
- Be self-disciplined  
- Think before you act—consider the consequences  
- Be accountable for your choices |
| Fairness       | Orange: Think of dividing an orange into equal sections to share fairly with friends | - Play by the rules  
- Take turns and share  
- Be open-minded; listen to others  
- Don’t blame others carelessly |
| Caring         | Red: Think of a heart | - Be kind  
- Be compassionate and show you care  
- Express gratitude  
- Forgive others  
- Help people in need |
| Citizenship    | Purple: Think royal purple as representing the state | - Do your share to make your school and community better  
- Cooperate  
- Get involved in community affairs  
- Stay informed; vote  
- Be a good neighbor  
- Obey laws and rules  
- Respect authorities  
- Protect the environment |
12 Ways to Practice Mindfulness

- Spend time out in nature
- Practice breathing techniques
- Check in with your emotions
- Practice "Mindfulness 5-4-3-2-1" with your senses
- Take a mindful walk
- Say positive affirmations
- Spend time writing in a journal
- Mindfully listen to music
- Practice yoga or stretch
- Draw, color, or doodle
- Take photos
- Garden or do yard work
HOW TO BE A GREAT FRIEND WORD SEARCH
Find each of the words about important friendship qualities hidden below.

Words to Find:
- brave
- caring
- communication
- considerate
- empathetic
- faithful
- forgiving
- funny
- generous
- honest
- inseparable
- kind
- listener
- loving
- loyal
- protective
- thoughtful
- truthful
- trustworthy
How To: Infuse Your Water

Your body needs a lot of water to perform at its best. Water is the best choice and it’s fun to add some flavor!

Infused water makes your water taste better by adding flavor without adding sugar or any artificial ingredients.

STEP 1: GATHER YOUR INGREDIENTS
- Think about what flavor you want for your water. Here are some ingredients to choose from:
  - Fruits: berries, citrus, tropical fruits, melon, pears, apples
  - Vegetables: cucumbers, fennel, celery
  - Herbs: mint, rosemary, basil, chamomile, sage, dill

STEP 2: SLICE OR CUT AS NEEDED
- The infusion works better when fruits and veggies that are sliced.
  (For example, cut thin slices of apple, cut strawberries in half)
- Generally you want a half gallon or full gallon of water to add the fruit or veggies to.
  - This helps to guarantee you have plenty of flavorful water to drink and that there’s plenty of space for the flavor to soak in.
- A water bottle would also work well!

STEP 3: LET SIT
- After adding your fruit/veggies to your water, allow the flavor to infuse your water in the refrigerator.
  - Time may vary, depending on ingredients. Allow at least 1 hour.

STEP 4: DRINK UP & DON’T FORGET TO RE-FILL!
- If infusing in a water bottle, refill with fresh water when you’re at the halfway mark. This will ensure your water remains flavorful throughout the day.
- Goal = Drink at least 5 bottles of water (16-20oz.) a day.

*If you’re not going to finish your infused water within 24 hours, strain out the fruit or herbs and refrigerate the water for up to 3 days.
Fill in the blanks with words to create a story about a new Olympic sport!

___________ the Olympics are here! (exclamation)
I’m really ___________ about the new (emotion)
sport of ___________. A ___________ (action with -ing ending) ___________ (noun)
___________ around the ___________. (verb) (noun)
The object of the game is to ______ as many (verb)
_________ as you can within ______ minutes. (plural noun) (number)
But be _______ because if you get _______ (adjective) (past tense verb)
before the ________, you are out! (noun)
RIDDLE

Comes in bits and pieces, put together forms a whole. It's athletics for the mind, the more you think the more you find. Sometimes it can be a grind, but then, that is the goal.

brainzilla.com/riddles

Answer: Puzzle
TO GET RESPECT, GIVE RESPECT!