



**Special Olympics  
Rhode Island  
Virtual State Summer  
Games**

**Activity Book #1**

*Something for  
EVERYONE!*



## *Overview of Activity Books*

*We want our SORI Athletes to even enjoy your down time during our Virtual State Summer Games weekend! We've created 2 Activity Books that have some really fun things you can do on your own, or together with your family!*

*From coloring pages, to Special Olympics Trivia there is something for everyone! We have some sports activities that go along with the theme of the Closing Ceremonies dance too. There are even a couple activities that are linked to the Special Olympics International website.*

*Thank you to everyone who also contributed ideas to these Activity Books!*

*Enjoy and stay safe everyone!*

- Mary-Ellen Powers, SORI Athlete/Administrative Assistant*
- Chris Lussier, Athlete Representative – Games Management Committee*
- Athlete Leadership Committee*

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# STAYING FIT AT HOME BINGO



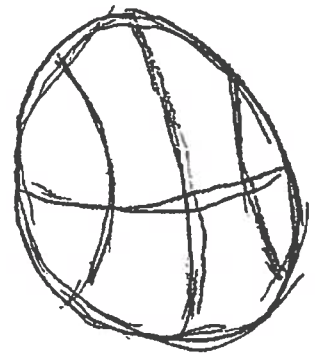
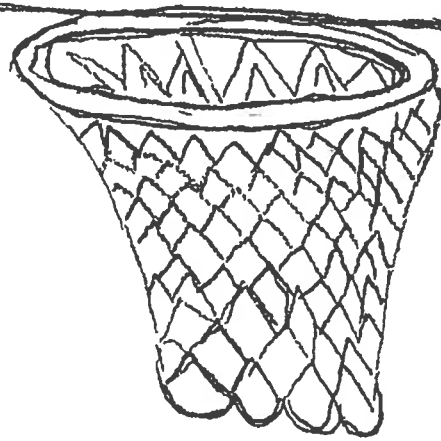
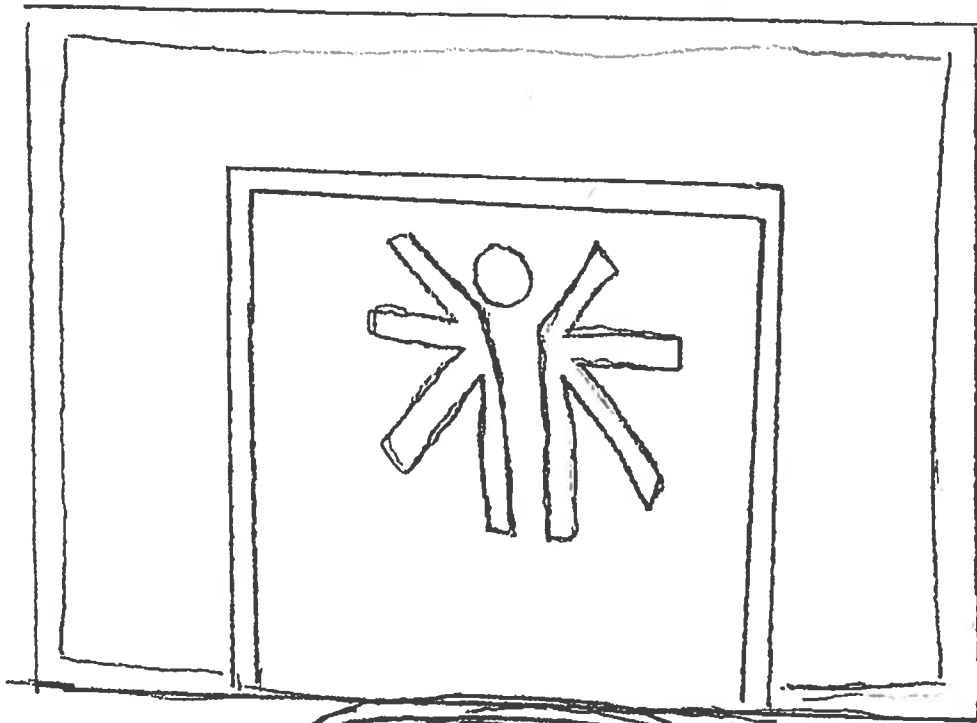
Special Olympics  
**Health**  
FOUNDATION  
MADE POSSIBLE BY **Golisano**



B	I	N	G	O
<p>Work out to <a href="#">Endurance Level 1 Fitness Video</a></p> 	<p>Do 30 squats</p> 	<p>Work out to <a href="#">School of Strength Video 1</a></p> 	<p>Dance to your favorite music</p> 	<p>Post a workout selfie and tag #inclusivehealth</p>
<p>Enjoy a healthy snack</p> 	<p>Participate in a SO live workout on social media</p> 	<p>Do 30 jumping jacks</p> 	<p>Wear your favorite SO t-shirt while you workout</p> 	<p>Spend 5 minutes <a href="#">thinking positive thoughts</a></p> 
<p>Take a 30 minute walk, jog or run</p> 	<p>Spend 5 minutes using a <a href="#">stress ball</a></p> 	<p><b>FREE SPACE</b></p>	<p>Work out to <a href="#">School of Strength Video 2</a></p> 	<p>Drink 5 bottles of water in one day</p>
<p>Hold a 1 minute plank</p> 	<p>Wash your hands for 20 seconds</p> 	<p>Eat 5 total fruits and vegetables in one day</p> 	<p>Do 1 minute of frog jumps</p> 	<p>Work out to <a href="#">Strength Level 1 Fitness Video</a></p> 
<p>Clean your room</p> 	<p>Work out to <a href="#">Flexibility Level 1 Fitness Video</a></p> 	<p>Participate in an <a href="#">Anytime Fitness Virtual Workout</a></p> 	<p>Do 15 push-ups or modified push-ups</p> 	<p>Take a 30 minute walk or bike ride</p> 

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# SPORTS

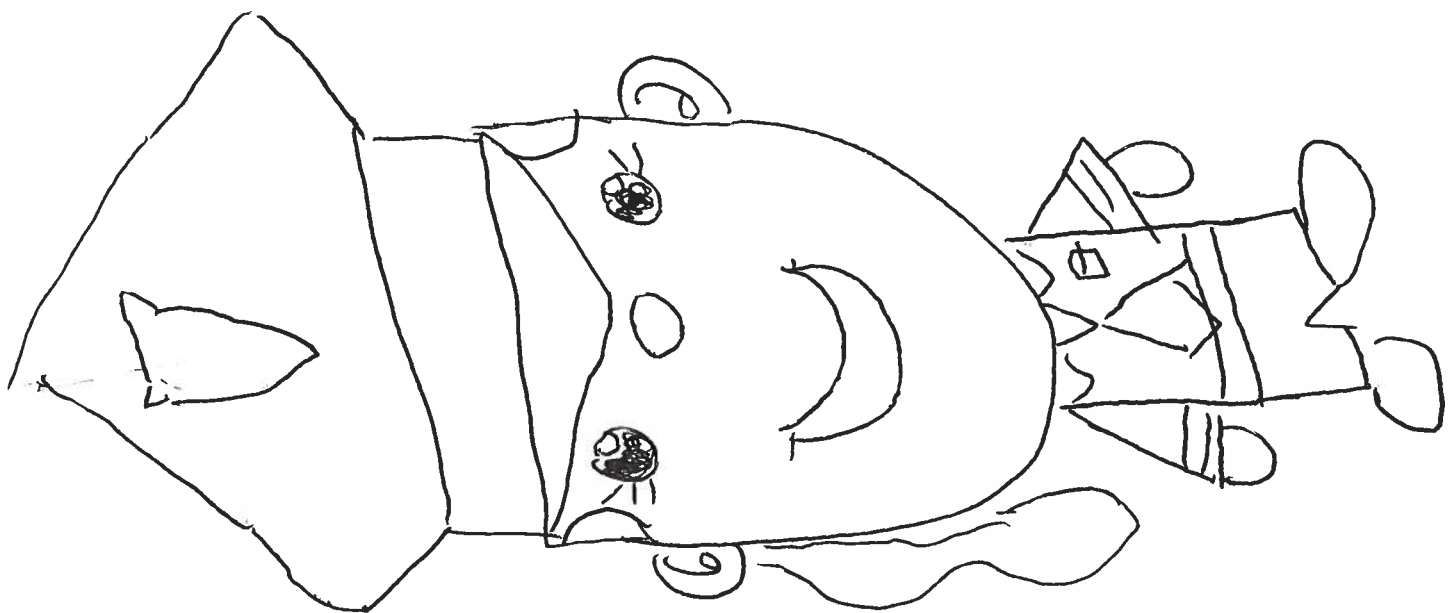
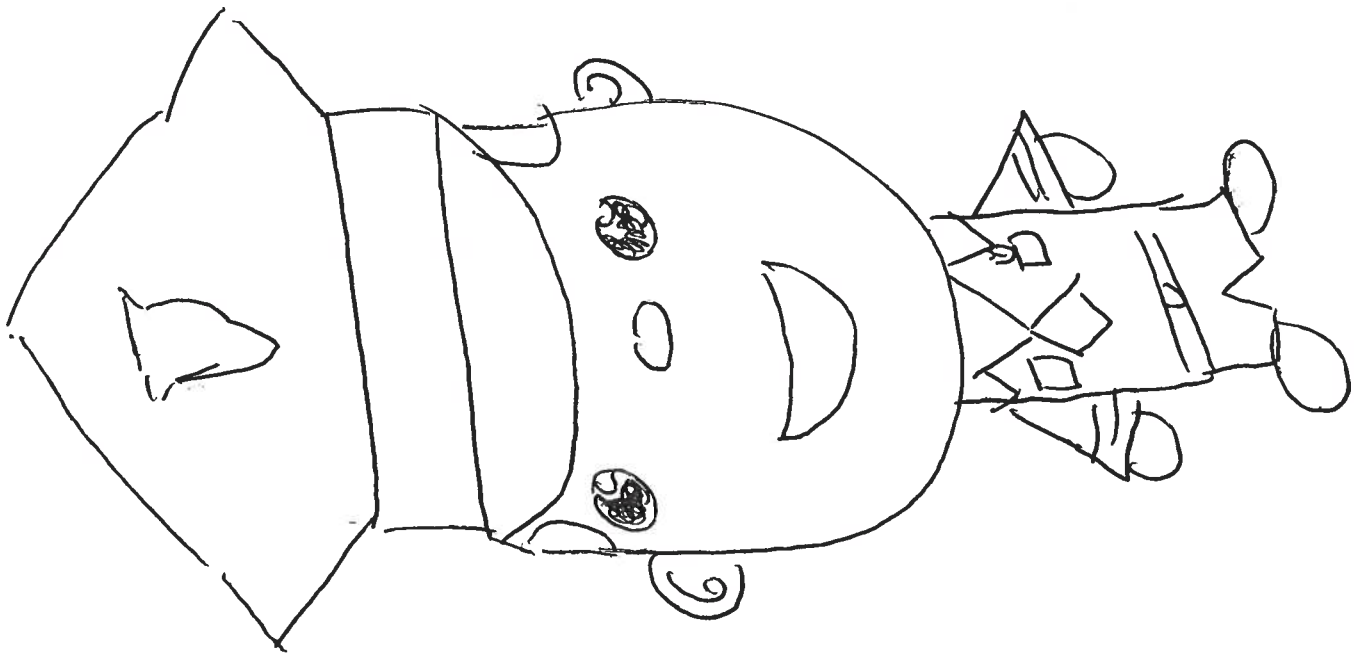


R Jones  
2016

# Special Olympics Virtual Games 2020

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OPENINGCEREMONYOEBQW

Healthy Athletes	Opening Ceremony	track and field	olympic village
Competition	Basketball	Friendship	Fitness
virtual	soccer	Music	Dance
Yoga			





**Sports Teams Word Jumble**  
*Unscramble these local and New England  
Sports Team Names!*

**RVPOICDNEE LEGOCLE FSAIRR**

\_\_\_\_\_

**WNE LDGANEN TSAPIORT**

\_\_\_\_\_

**IRU SRMA**

\_\_\_\_\_

**NTBSOO DRE XSO**

\_\_\_\_\_

**TANBYR BLUDGSLO**

\_\_\_\_\_

**KUPECATWT DER SXO**

\_\_\_\_\_

**NTOSBO RUBNSI**

\_\_\_\_\_

**SNOBOT ECILTSC**

\_\_\_\_\_



# Solve The Word Puzzle

Try to solve this word puzzle. You can play this game with someone in the style of Hangman or Wheel of Fortune.

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\_\_\_\_\_

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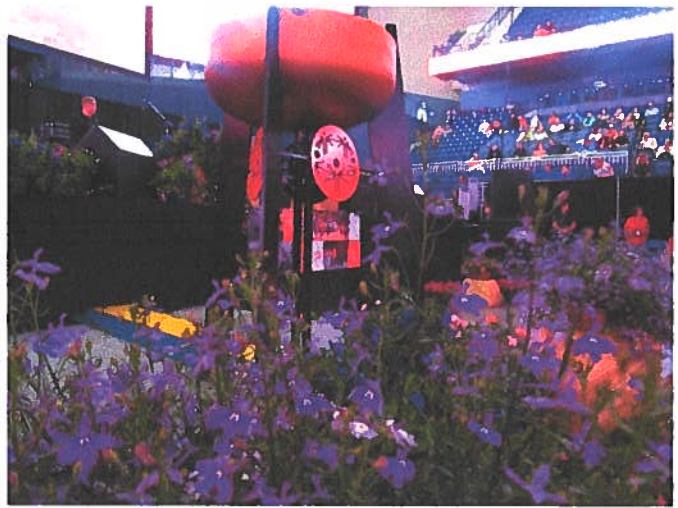
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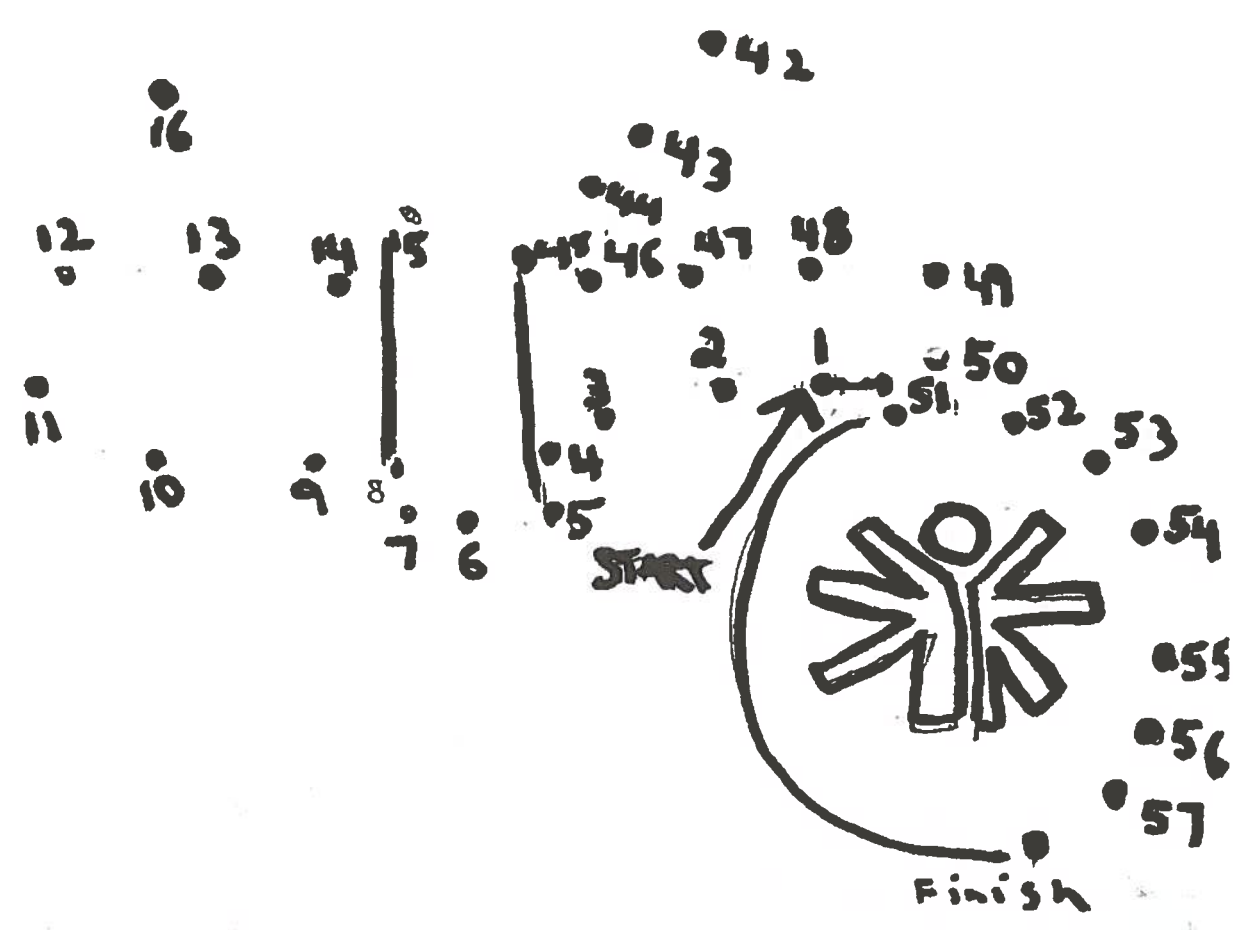
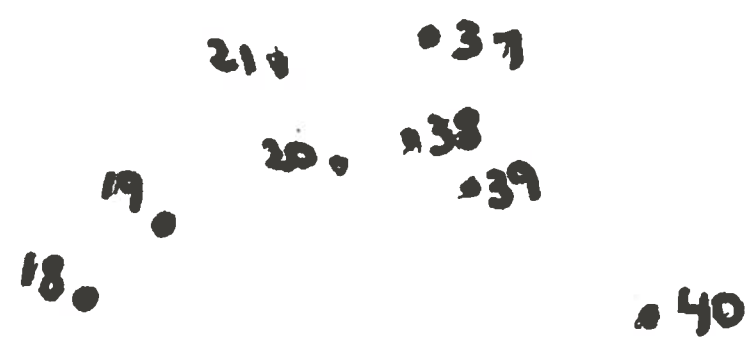
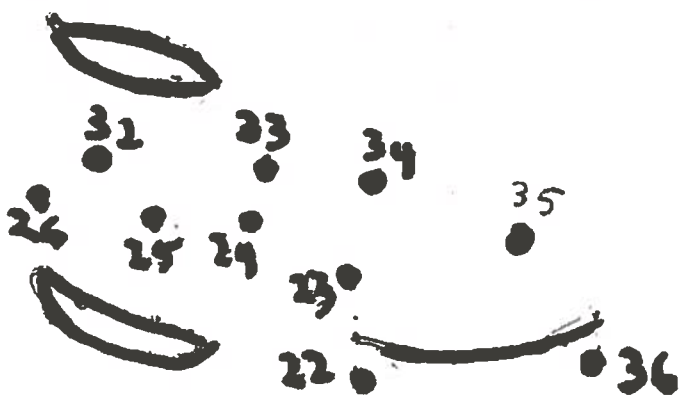
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25  
28  
29  
30  
31





## **Family Game Night**

*Turn off the television and disconnect from the devices. Grab your snacks and have an old fashioned Game Night with your family!*

If you don't have any games in your house, here are some creative ideas of making games that you can play with others!

### Make Your Own Jeopardy Game:

Create your own categories and make up questions that go along with each of the categories. Make enough for 2 rounds, and the final question at the end of the game. Select 2-3 players. If there are more people, have someone play the host and someone else keep score. The person with the highest score wins. Or, you can all quiz each other and just test your knowledge!

### How Well Do You Know Each Other?:

This is a fun trivia game! Create questions you can all ask each other and write them down on paper. Make score sheets for each person. Draw a line for each number of questions there are on the score sheet. Player asking the questions will keep score for the player who is answering the questions. For every question answered correctly, put a check mark on the line. For every question answered wrong put an X. At the end of the game, count how many check marks are on the score card. The person with the most check marks wins the game!

Examples of questions include:

- What is his/her favorite color?
- Where did he/she go to school?
- What is his/her favorite sports team?
- What was his/her childhood favorite tv show?

*This game can also be played over Facetime, Zoom, or any other way you are distantly keeping in touch with other family members, your friends, or even boyfriends/girlfriends!*

## Healthy Snacks & Recipes

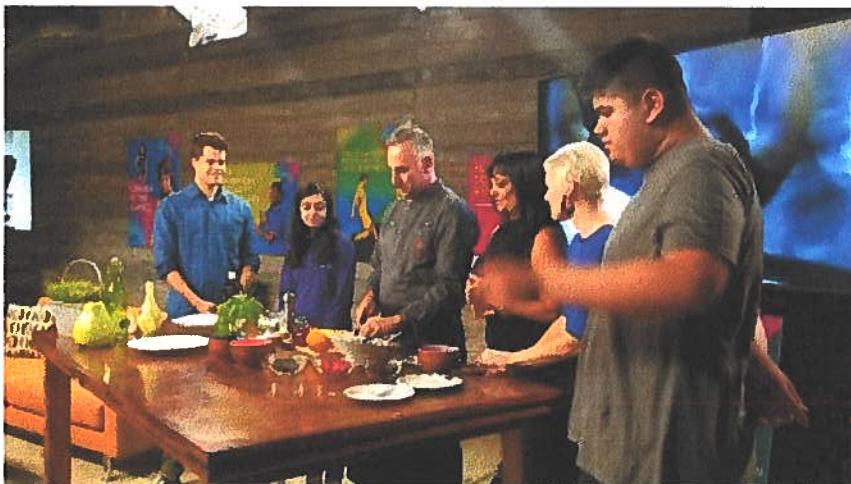
It is easy to much on the yummiest snacks and sweets, but it's also very important that we have healthy snacks too. Here are a few ideas!

- Apple slices & peanut butter
- Popcorn
- Cut vegetables and ranch dip
- A piece of Fruit
- Granola Bar
- Celery sticks topped with peanut butter and raisins
- Yogurt
- Nuts

Check out these recipes for other ways to make salads!

[https://www.specialolympics.org/stories/athletes/healthy-salad-recipes?\\_ga=2.206951187.1074744104.1589905911-1060766522.1580411928](https://www.specialolympics.org/stories/athletes/healthy-salad-recipes?_ga=2.206951187.1074744104.1589905911-1060766522.1580411928)

Don't forget to drink plenty of water too!



Answers™



# Special Olympics Virtual Games 2020

GTAWENEUHHGIPVRBKOV  
 NDBAZFOLYMPICVILLAGE  
 GPAYCFXMSVIRTUALJCTG  
 UXSHHXRBASKETBALLDFA  
 WFIUEBKIONKSXREYIGUW  
 XADTOATHEHQXQXFOTDTD  
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 CDIOEXPSYNDPHWVURVFI  
 OSDCSBJBJGGFNLZSDSYT  
 ZXECSSUBNLGSEISERJBOI  
 BADEBGMGFQSBIEMTSPGO  
 OGARYIZABFEKJHLOEKAN  
 GMDUTYGYAKCFMYTDRSHB  
 YVNOYOTRGHSKFLBYWSEG  
 OPENINGCEREMONYOEBQW

Healthy Athletes	Opening Ceremony	track and field	olympic village
Competition	Basketball	Friendship	Fitness
virtual	soccer	Music	Dance
Yoga			

**Answer Key**

Boston Celtics Boston Bruins Boston Red Sox

Bryant Bulldogs New England Patriots

Pawtucket Red Sox Providence College Friars

URI Rams

## **Sports Teams Word Jumble**

*Unscramble these local and New England Sports Team Names!*

**RVPOICDNEE LEGOCLE FSAIRR**

**PROVIDENCE COLLEGE FRIARS**

**WNE LDGANEN TSAPIORT**

**NEW ENGLAND PATRIOTS**

**IRU SRMA**

**URI RAMS**

**NTBSOO DRE XSO**

**BOSTON RED SOX**

**TANBYR BLUDGSLO**

**BRYANT BULLDOGS**

**KUPECATWT DER SXO**

**PAWTUCKET RED SOX**

**NTOSBO RUBNSI**

**BOSTON BRUINS**

**SNOBOT ECILTSC**

**BOSTON CELTICS**