



## **EUNICE KENNEDY SHRIVER ACTS (EKS ACTS)**

Eunice Kennedy Shriver Day is intended to share her story and impact and inspire new fans to join the movement and to commit acts of inclusion and acceptance for and with people with intellectual disability with a goal of reaching 100,000 Eunice Kennedy Shriver Acts.

Eunice Kennedy Shriver Acts (EKS Acts) are actions or activities of inclusion or acceptance for and with persons with intellectual disabilities. Individuals, schools, and businesses can commit to EKS Acts and will be able to go online ([www.eksdays.org](http://www.eksdays.org)) to post their commitment. Here are several individual Acts that one person or a small group of people can do to celebrate Eunice Kennedy Shriver's values and mission, and learn the joy and increased understanding that comes from interacting with people with intellectual disabilities.

Eunice Kennedy Shriver Acts for Students and Schools/Universities:

- Become a Special Olympics Unified Sports partner, volunteer or sign up to be a Best Buddy
- Collect & donate fun supplies & games to special education classrooms or learning center
- Run a Public Service Announcement (PSA) in morning news or announcements at school or editorial in student newspaper about the Eunice Kennedy Shriver impact vision
- Set up an EKS awareness table on your school campus in library, hallway, lunchroom, media center, or student union
- Take one or more person with an intellectual disability with you to a sports event
- Invite a classmate with an intellectual disability to sit with you at lunch
- Ask someone with an intellectual disability to play tennis, kick a soccer ball, shoot basketballs, or play another one-on-one game
- Fight prejudice in your school by launching a campaign against use of the "R-word";
- Change your Facebook profile to a photo Eunice Kennedy Shriver and share one of her iconic quotes as your status
- Tweet about EKS legacy and impact

Eunice Kennedy Shriver Acts for Businesses or Associations:

- In the week leading up to EKS Day, dedicate one day as "bring a Best Buddies chapter or Special Olympics team to work day"; participants can visit corporate offices and shadow employees.
- Give employees one day off that week to volunteer for Special Olympics or their favorite NGO related to the disability field
- Volunteer at a special education classroom or learning center, donate supplies
- Add a PSA or video related to EKS or intellectual disability to your website
- EKS Day at the Office – arrange an hour, afternoon or day of onsite activities involving people with intellectual disability
- Place a story or article in the company newsletter about EKS legacy and impact



***Special Olympics***  
Be a fan.

