Spend **20 MINUTES** a minimum of **4 TIMES PER WEEK** playing with structured Young Athletes activities to support growth and development.

**WARM UP (5 MINS)**
*Pick two activities, like:*
- Children’s Songs
- Musical Markers
- Follow the Leader
- Balance Beam

**SKILL ACTIVITIES (10 MINS)**
*Pick three activities, like:*
- Run and Carry
- Goalie Drill
- Target Practice
- Obstacle Course

**COOL DOWN (5 MINS)**
*Pick two activities, like:*
- Animal Games
- I Spy
- Children’s Songs
- Dynamic Stretching

**ROUTINE**
Build Young Athletes into your daily schedule to provide consistency.

**ACTIVITIES**
Adapt to your child’s needs. Focus on a new skill area each week. Invite siblings to join in for family fun!

**TAKE CARE**
Remember to take care of yourself too. Stay active and connected, get enough sleep, eat healthy and practice deep breathing.

View Activities at: Resources.specialolympics.org/YAFamilies