



# Score with New Skills!

## Special Olympics Young Athletes Activity Tracker

Each time your child spends five or more minutes actively practicing skills with a family member, invite him or her to color a trail space. Once your child scores a goal—celebrate!

Just a few minutes of play several times a week improves motor skills.

It is important to drink lots of water.

Be sure to cool down after you practice.

Doing a silly dance builds coordination and strength. Plus it's fun!

Repetition is a key to building confidence and skill development.

Have you eaten some fruit today?

Wow! You have great moves.

Young Athletes activities help children gain confidence.

You don't need expensive materials to practice Young Athletes skills.

Keep moving and smiling!

START

