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.
- 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!

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