

Strong Minds

Overall Equipment and Supplies Totals

Standard Supply Item	Quantity Advised	Available From	Funding Source	Recommendations/ Comments
Banners - Strong Minds	1 (required at station entrance) 3 (optional depending on venue)	Horizontal banner available from SOI AND/OR Local printing for additional banners Resource: Strong Minds Graphics	Healthy Athletes Grant	Ensure proper branding, including sponsors https://resources.specialolympics.org/marketing-and-communications/special-olympics-brand/health-branding-graphics/strong-minds-graphics
HAS Forms (only needed if not using tablets)	1 per athlete	Resource: Strong Minds Resources Page Printing: Print locally	Healthy Athletes Grant	https://resources.specialolympics.org/health/strong-minds
Strong Minds Strategies for Stress Worksheets	1 per athlete	Resource: Strong Minds Resources Page Printing: Print locally	Healthy Athletes Grant	https://resources.specialolympics.org/health/strong-minds
Strong Minds Activity Guides	1 per athlete	Resource: Strong Minds Resources Page Printing: Print locally	Healthy Athletes Grant	Optional. https://resources.specialolympics.org/health/strong-minds
CORE-LD30 Visual Support	1 per testing site	Resource: Strong Minds Resources Page Printing: Print locally	Healthy Athletes Grant	Laminated. https://resources.specialolympics.org/health/strong-minds
Warwick Visual Support	1 per testing site	Print locally, laminate Strong Minds Resources Page	Healthy Athletes Grant	Laminated. https://resources.specialolympics.org/health/strong-minds
Stress Balls	1 per athlete	Source locally OR U.S. Vendor CSM: Kathy@csmproductions.com (https://www.so-health.org/cool-tools.htm)	Healthy Athletes Grant	CSM cost: \$1.21-\$1.46
Wristbands - "BRAVE"	1 per athlete	Source locally OR U.S. Vendor CSM: Kathy@csmproductions.com (https://www.so-health.org/cool-tools.htm)	Healthy Athletes Grant	CSM cost: \$0.39-\$0.52
Wristbands - "STRONG"	1 per athlete of either "STRONG" or "KIND"	Source locally OR U.S. Vendor CSM: Kathy@csmproductions.com (https://www.so-health.org/cool-tools.htm)	Healthy Athletes Grant	CSM cost: \$0.39-\$0.52
Wristbands - "KIND"	1 per athlete of either "STRONG" or "KIND"	Source locally OR U.S. Vendor CSM: Kathy@csmproductions.com (https://www.so-health.org/cool-tools.htm)	Healthy Athletes Grant	CSM cost: \$0.39-\$0.52
Pinwheels	1 per athlete	Source locally OR U.S. Vendor CSM: Kathy@csmproductions.com (https://www.so-health.org/cool-tools.htm)	Healthy Athletes Grant	CSM cost: \$1.13-\$1.33 assembled If sourcing locally - make sure they are already assembled or plan enough time for volunteers to assemble prior to the event
Yoga Mats	1 per testing site	Source locally OR U.S. Vendor CSM: Kathy@csmproductions.com (https://www.so-health.org/cool-tools.htm)	Healthy Athletes Grant	CSM cost: \$12 branded
Stretch Out Straps	1 per testing site	Source locally	Healthy Athletes Grant	Optional
Stretching Handout	1 per athlete	Resource: Strong Minds Resources Page Printing: Print locally	Healthy Athletes Grant	Optional. https://resources.specialolympics.org/health/strong-minds
Paper	1 per athlete	Source locally	Healthy Athletes Grant	

Markers and/or Crayons	Approx. 1 per athlete	Source locally	Healthy Athletes Grant	
Positive Messaging Stickers	1 per athlete	Source locally	Healthy Athletes Grant	
Strong Minds Tips for Stress	1 per athlete	Resource: Strong Minds Resources Page Printing: Print locally	Healthy Athletes Grant	https://resources.specialolympics.org/health/strong-minds
Coach's Playbook	1 per team	Resource: Strong Minds Resources Page Printing: Print locally	Healthy Athletes Grant	Optional. https://resources.specialolympics.org/health/strong-minds
Athlete Educational Giveaway Items	1 per athlete	Source locally	Healthy Athletes Grant or local donors	Optional. Examples include drawstring bags, journals, notepads, water bottles, pens.
Clipboards (only needed if not using tablets)	1 per testing site	Source locally	Healthy Athletes Grant	
Pens	3 per testing site	Source locally	Healthy Athletes Grant	
Scissors	2	Source locally	Healthy Athletes Grant	
Hand Sanitizer	10	Source locally	Healthy Athletes Grant	
Tissue Boxes	10	Source locally	Healthy Athletes Grant	
Sound Machine/White Noise Machine	1 per testing site for stations 2&3	Source locally	Healthy Athletes Grant	
Batteries for Sound Machines/White Noise Machines	Varies based on machine	Source locally	Healthy Athletes Grant	Purchase enough batteries for all 6 sound machines/white noise machines for all days of the event. Can also use wired machines which do not require batteries.
Tables	at least 1 per station and activity, varies based on venue and event size	Source from venue or locally	Healthy Athletes Grant	
Table Cloths	1 per table	Source locally	Healthy Athletes Grant	
Chairs	2-3 per table	Source from venue or locally	Healthy Athletes Grant	
Partitions	Varies, sufficient to create semi-private spaces for all testing sites for stations 2 and 3	Source locally	Healthy Athletes Grant	Freestanding, portable
Name Badges/Tags	1 per volunteer	Source locally	Healthy Athletes Grant	
Electrical Power Cords	Varies based on venue layout and location of outlets	Source locally	Healthy Athletes Grant	Length and quantity will vary based on venue and position of outlets. Electrical power is needed at Check In, CORE-LD30, Warwick, and Check Out.
Power Strips/Surge Protectors (with at least 4 grounded outlets)	Varies based on venue layout and location of outlets	Source locally	Healthy Athletes Grant	Quantity will vary based on venue and position of outlets. Electrical power with multiple outlets is needed at Check In, CORE-LD30, Warwick, and Check Out.
Station and Activity Signs	1	Resource: Strong Minds Resources Page Printing: Print locally	Healthy Athletes Grant	Laminated. https://resources.specialolympics.org/health/strong-minds

Equipment and Supplies Needs by Station

Station 1 - Check In

Standard Supply Item	Quantity Advised	Available From	Funding Source	Recommendations/ Comments
HAS Forms (only needed if not using tablets)	1 per athlete	Resource: Strong Minds Resources Page Printing: Print locally	Healthy Athletes Grant	https://resources.specialolympics.org/health/strong-minds
Clipboards (only needed if not using tablets)	1 per testing site	Source locally	Healthy Athletes Grant	
Pens	2-3 per testing site	Source locally	Healthy Athletes Grant	
Tables	at least 1, varies based on venue and event size	Source from venue or locally	Healthy Athletes Grant	
Table Cloths	1 per table	Source locally	Healthy Athletes Grant	
Chairs	2-3 per table	Source from venue or locally	Healthy Athletes Grant	
Hand Sanitizer	10	Source locally	Healthy Athletes Grant	
Station 1 Sign	1	Resource: Strong Minds Resources Page Printing: Print locally	Healthy Athletes Grant	Laminated. https://resources.specialolympics.org/health/strong-minds

Station 2 - CORE-LD30

Standard Supply Item	Quantity Advised	Available From	Funding Source	Recommendations/ Comments
CORE-LD30 Visual Support	1 per testing site	Resource: Strong Minds Resources Page Printing: Print locally	Healthy Athletes Grant	Laminated. https://resources.specialolympics.org/health/strong-minds
Partitions	Varies, sufficient to create semi-private spaces for all testing sites for stations 2 and 3	Source locally	Healthy Athletes Grant	Freestanding, portable
Sound Machine/White Noise Machine	1 per testing site	Source locally	Healthy Athletes Grant	

Tissue Boxes	1 per testing site	Source locally	Healthy Athletes Grant	
Pens	2-3 per testing site	Source locally	Healthy Athletes Grant	
Tables	at least 1, varies based on venue and event size	Source from venue or locally	Healthy Athletes Grant	
Table Cloths	1 per table	Source locally	Healthy Athletes Grant	
Chairs	2-3 per table	Source from venue or locally	Healthy Athletes Grant	
Hand Sanitizer	1 per table	Source locally	Healthy Athletes Grant	
Station 2 Sign	1	Resource: Strong Minds Resources Page Printing: Print locally	Healthy Athletes Grant	Laminated. https://resources.specialolympics.org/health/strong-minds

Station 3 - Warwick

Standard Supply Item	Quantity Advised	Available From	Funding Source	Recommendations/ Comments
Warwick Visual Support	1 per testing site	Print locally, laminate Strong Minds Resources Page	Healthy Athletes Grant	Laminated. https://resources.specialolympics.org/health/strong-minds
Partitions	Varies, sufficient to create semi-private spaces for all testing sites	Source locally	Healthy Athletes Grant	Freestanding, portable
Sound Machine/White Noise Machine	1 per testing site	Source locally	Healthy Athletes Grant	
Tissue Boxes	1 per testing site	Source locally	Healthy Athletes Grant	
Pens	2-3 per testing site	Source locally	Healthy Athletes Grant	
Tables	at least 1, varies based on venue and event size	Source from venue or locally	Healthy Athletes Grant	
Table Cloths	1 per table	Source locally	Healthy Athletes Grant	
Chairs	2-3 per table	Source from venue or locally	Healthy Athletes Grant	
Hand Sanitizer	1 per table	Source locally	Healthy Athletes Grant	
Station 3 Sign	1	Resource: Strong Minds Resources Page Printing: Print locally	Healthy Athletes Grant	Laminated. https://resources.specialolympics.org/health/strong-minds

Station 4 - Check Out

Standard Supply Item	Quantity Advised	Available From	Funding Source	Recommendations/ Comments
Strong Minds Strategies for Stress Worksheets	1 per athlete	Resource: Strong Minds Resources Page Printing: Print locally	Healthy Athletes Grant	https://resources.specialolympics.org/health/strong-minds
Strong Minds Activity Guides	1 per athlete	Resource: Strong Minds Resources Page Printing: Print locally	Healthy Athletes Grant	Optional. https://resources.specialolympics.org/health/strong-minds
Partitions	Varies, sufficient to create semi-private spaces for all testing sites	Source locally	Healthy Athletes Grant	Freestanding, portable
Sound Machine/White Noise Machine	1 per testing site	Source locally	Healthy Athletes Grant	
Tissue Boxes	1 per testing site	Source locally	Healthy Athletes Grant	
Pens	2-3 per testing site	Source locally	Healthy Athletes Grant	
Tables	at least 1, varies based on venue and event size	Source from venue or locally	Healthy Athletes Grant	
Table Cloths	1 per table	Source locally	Healthy Athletes Grant	
Chairs	2-3 per table	Source from venue or locally	Healthy Athletes Grant	
Hand Sanitizer	1 per table	Source locally	Healthy Athletes Grant	
Station 4 Sign	1	Resource: Strong Minds Resources Page Printing: Print locally	Healthy Athletes Grant	Laminated. https://resources.specialolympics.org/health/strong-minds

Activity 1 - Stress and You

Standard Supply Item	Quantity Advised	Available From	Funding Source	Recommendations/ Comments
Stress Balls	1 per athlete	Source locally OR U.S. Vendor CSM: Kathy@csmproductions.com (https://www.so-health.org/cool-tools.htm)	Healthy Athletes Grant	CSM cost: \$1.21-\$1.46
Pens	2-3 per testing site	Source locally	Healthy Athletes Grant	
Tables	at least 1, varies based on venue and event size	Source from venue or locally	Healthy Athletes Grant	
Table Cloths	1 per table	Source locally	Healthy Athletes Grant	
Chairs	2-3 per table	Source from venue or locally	Healthy Athletes Grant	
Hand Sanitizer	1 per table	Source locally	Healthy Athletes Grant	

Activity 1 Sign	1	Resource: Strong Minds Resources Page Printing: Print locally	Healthy Athletes Grant	Laminated. https://resources.specialolympics.org/health/strong-minds
Activity 2 - Strong Messaging				
Standard Supply Item	Quantity Advised	Available From	Funding Source	Recommendations/ Comments
Wristbands - "BRAVE"	1 per athlete	Source locally OR U.S. Vendor CSM: Kathy@csmproductions.com (https://www.so-health.org/cool-tools.htm)	Healthy Athletes Grant	CSM cost: \$0.39-\$0.52
Wristbands - "STRONG"	1 per athlete of either "STRONG" or "KIND"	Source locally OR U.S. Vendor CSM: Kathy@csmproductions.com (https://www.so-health.org/cool-tools.htm)	Healthy Athletes Grant	CSM cost: \$0.39-\$0.52
Wristbands - "KIND"	1 per athlete of either "STRONG" or "KIND"	Source locally OR U.S. Vendor CSM: Kathy@csmproductions.com (https://www.so-health.org/cool-tools.htm)	Healthy Athletes Grant	CSM cost: \$0.39-\$0.52
Pens	2-3 per testing site	Source locally	Healthy Athletes Grant	
Tables	at least 1, varies based on venue and event size	Source from venue or locally	Healthy Athletes Grant	
Table Cloths	1 per table	Source locally	Healthy Athletes Grant	
Chairs	2-3 per table	Source from venue or locally	Healthy Athletes Grant	
Hand Sanitizer	1 per table	Source locally	Healthy Athletes Grant	
Activity 2 Sign	1	Resource: Strong Minds Resources Page Printing: Print locally	Healthy Athletes Grant	Laminated. https://resources.specialolympics.org/health/strong-minds
Activity 3 - Strong Breathing				
Standard Supply Item	Quantity Advised	Available From	Funding Source	Recommendations/ Comments
Pinwheels	1 per athlete	Source locally OR U.S. Vendor CSM: Kathy@csmproductions.com (https://www.so-health.org/cool-tools.htm)	Healthy Athletes Grant	CSM cost: \$1.13-\$1.33 assembled If sourcing locally - make sure they are already assembled or plan enough time for volunteers to assemble prior to the event
Pens	2-3 per testing site	Source locally	Healthy Athletes Grant	
Tables	at least 1, varies based on venue and event size	Source from venue or locally	Healthy Athletes Grant	
Table Cloths	1 per table	Source locally	Healthy Athletes Grant	
Chairs	2-3 per table	Source from venue or locally	Healthy Athletes Grant	
Hand Sanitizer	1 per table	Source locally	Healthy Athletes Grant	
Activity 3 Sign	1	Resource: Strong Minds Resources Page Printing: Print locally	Healthy Athletes Grant	Laminated. https://resources.specialolympics.org/health/strong-minds
Activity 4 - Strong Stretching				
Standard Supply Item	Quantity Advised	Available From	Funding Source	Recommendations/ Comments
Yoga Mats	1 per testing site	Source locally OR U.S. Vendor CSM: Kathy@csmproductions.com (https://www.so-health.org/cool-tools.htm)	Healthy Athletes Grant	CSM cost: \$12 branded
Stretch Out Straps	1 per testing site	Source locally	Healthy Athletes Grant	Optional
Stretching Handout	1 per athlete	Resource: Strong Minds Resources Page Printing: Print locally	Healthy Athletes Grant	Optional
Pens	2-3 per testing site	Source locally	Healthy Athletes Grant	
Tables	at least 1, varies based on venue and event size	Source from venue or locally	Healthy Athletes Grant	
Table Cloths	1 per table	Source locally	Healthy Athletes Grant	
Chairs	2-3 per table	Source from venue or locally	Healthy Athletes Grant	
Hand Sanitizer	1 per table	Source locally	Healthy Athletes Grant	

Activity 4 Sign	1	Resource: Strong Minds Resources Page Printing: Print locally	Healthy Athletes Grant	Laminated. https://resources.specialolympics.org/health/strong-minds
Activity 5 - Strong Supporting				
Standard Supply Item	Quantity Advised	Available From	Funding Source	Recommendations/ Comments
Paper	1 per athlete	Source locally	Healthy Athletes Grant	
Markers and/or Crayons	Approx. 1 per athlete	Source locally	Healthy Athletes Grant	
Postive Messaging Stickers	1-2 per athlete	Source locally	Healthy Athletes Grant	
Pens	2-3 per testing site	Source locally	Healthy Athletes Grant	
Tables	at least 1, varies based on venue and event size	Source from venue or locally	Healthy Athletes Grant	
Table Cloths	1 per table	Source locally	Healthy Athletes Grant	
Chairs	2-3 per table	Source from venue or locally	Healthy Athletes Grant	
Hand Sanitizer	1 per table	Source locally	Healthy Athletes Grant	
Activity 5 Sign	1	Resource: Strong Minds Resources Page Printing: Print locally	Healthy Athletes Grant	Laminated. https://resources.specialolympics.org/health/strong-minds
Station 5 - Review of Activities				
Standard Supply Item	Quantity Advised	Available From	Funding Source	Recommendations/ Comments
Strong Minds Tips for Stress	1 per athlete	Resource: Strong Minds Resources Page Printing: Print locally	Healthy Athletes Grant	https://resources.specialolympics.org/health/strong-minds
Coach's Playbook	1 per team	Resource: Strong Minds Resources Page Printing: Print locally	Healthy Athletes Grant	Optional. https://resources.specialolympics.org/health/strong-minds
Athlete Educational Giveaway Items	1 per athlete	Source locally	Healthy Athletes Grant or local donors	Optional. Examples include drawstring bags, journals, notepads, water bottles, pens.
Pens	2-3 per testing site	Source locally	Healthy Athletes Grant	
Tables	at least 1, varies based on venue and event size	Source from venue or locally	Healthy Athletes Grant	
Table Cloths	1 per table	Source locally	Healthy Athletes Grant	
Chairs	2-3 per table	Source from venue or locally	Healthy Athletes Grant	
Hand Sanitizer	1 per table	Source locally	Healthy Athletes Grant	
Station 5 Sign	1	Resource: Strong Minds Resources Page Printing: Print locally	Healthy Athletes Grant	Laminated. https://resources.specialolympics.org/health/strong-minds
Waiting Area				
Standard Supply Item	Quantity Advised	Available From	Funding Source	Recommendations/ Comments
Chairs	Varies based on venue size and number of athletes expected	Source from venue or locally	Healthy Athletes Grant	