

Special Olympics Missouri

Special Olympics
Missouri



SOMO Care's Packages



- In June we sent Care Packages throughout the State to let our athletes and ID Community know we were thinking of them. We provided them with resources they could use at home.

- **Items included:**

- Special Smiles Items
- Strong Minds Kits
- Activities from Program Team

- **Focused on:**

- Day Programs
- Workshops
- Group Homes





Outcome

- Re-engage Athletes and ID community
- Promote our Healthy Athletes, and Health & Wellness Programs
- Gain New Participants
- Started Private Fitness Class



Current Programs



- **Holding Private Fit 5 Workout Classes with Day Programs.**
- **#SOMOatHome**
- **FUN NIGHT!**
- **Planning Daily Activities with a Virtual Component for selected groups**

Private Fit 5 Workout Sessions



Preparation-

- All programs received Fit 5 Manual, Flip cards and Trackers.
- Created a reoccurring Zoom link for duration of sessions, and sent to participating program to distribute

During-

- Focus on different talking point from Fit 5 Manual each class
- Completed 25-30 minute workout

Future Plans-

- Send a need supplies list before each session
- Have a Health Messenger, Athlete or Volunteer lead class. This would allow for staff to encourage interaction and monitor the class.

Other Programs:



- Planning for more daily virtual sessions, could include crafts, cooking tips, dance and more!
- #SOMOatHome – Virtual Program
- Athlete FUN NIGHT!

