



Special Olympics  
WORLD SUMMER GAMES  
ATHENS 2011

# Healthy Families are Terrific!

## Athletes are terrific!

Each day Special Olympics athletes around the world demonstrate great determination and abilities. Whether you are a grandparent, parent, sibling, cousin or other family member, your support makes a difference for athletes and helps them succeed. What you do today will impact their lives both now and in the future.



1. Practice coach-recommended sports skills with athletes every week.
2. Turn off the TV during meals and share some family time.
3. Shut down your computer and go outside to play for an hour a day.
4. Play active games with your children aged 2-7 years old using the Young Athletes Activity Guide.
5. Use the TRAIN @ Home Nutrition and Exercise Guides to make healthy choices and track your whole family's diet and exercise.
6. Get athletes and siblings involved in preparing healthy well-balanced meals and snacks.
7. Drink water when you are thirsty.
8. Make sure all family members have regular health check-ups.
9. Try new things in the community to develop hobbies, friendships and independence.
10. Wash your hands after using the latrine and before and after meals.



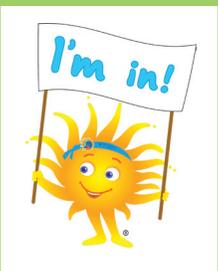


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# Family Volunteers are Terrific!

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1. Lead or join your Family Support Network.
2. Host Family Forums that address father and sibling concerns, as well as mothers' concerns.
3. Be a coach or assist a coach for a season.
4. Lead a Sports Club in your neighborhood.
5. Join the fundraising committee and help organize events.
6. Join the Family Committee or other leadership committees to be part of the decision making.
7. Mentor an Athlete Leader to support them in being spokespersons for the Movement.
8. Share technology skills to help set up a website, Facebook page, or e-mail distribution list for families.
9. Be part of the Games Management Team for your local, national or regional games.
10. Train athletes as coaches and coach assistants.





# Young Athlete Leaders are Terrific!

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1. Coach a Young Athletes program in your community or school using the Activity Guide.
2. Share the Activity Guide and resources with families and help parents and siblings get started playing active games with young athletes at home.
3. Host a community outreach meeting where families with young children share their stories.
4. Recruit young athletes from schools, the community or parent organization.
5. Conduct a Young Athletes Program demonstration for families, teachers and policymakers.
6. Lead a fundraiser to purchase play equipment for families, playgroups and preschools to use.
7. Plan Healthy Athlete screenings of young children and invite the community to attend.
8. Reach out to parents of young children to join the Family Support Network and Family Forums.
9. Train athletes to coach young athletes using the Activity Guide.
10. Keep track of the physical, verbal and social skills children demonstrate they have learned.

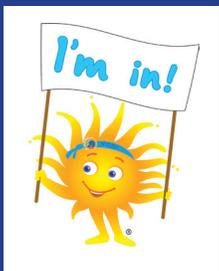




# Community Builders are Terrific!

## Athletes are terrific!

Each day Special Olympics athletes around the world demonstrate great determination and abilities. Whether you are a grandparent, parent, sibling, cousin or other family member, your support makes a difference for athletes and helps them succeed. What you do today will impact their lives both now and in the future.



1. Recruit new athletes and young athletes by letting families know about the program and its' impact.
2. Tell the media about athlete successes and challenges and invite them to witness sports programs.
3. Share your family story with your local newspaper.
4. Invite policymakers and influencers to Special Olympics competitions, Young Athletes Program Demonstrations, and Unified Sports.
5. Let your employer and other business leaders know what they can do to support Special Olympics.
6. Invite the public to Healthy Athlete screenings, sports events, Young Athletes Demonstrations, and Family Forums.
7. Share Special Olympics news through social media, like Facebook and Twitter.
8. Represent your program at National or Regional Family Forums and share what you learn with other families in your program.
9. Celebrate Eunice Kennedy Shriver Day and take action to promote inclusion, acceptance and unity for people with intellectual disabilities in your community.
10. Be a leader for the Movement whenever opportunities arise!

