



**Special
Olympics**
Kentucky



SOKY AT HOME BINGO

Thank your coach today!	Put on your favorite sports uniform and post a picture on social media	SOKY Spirit Day! Wear something that represents your favorite sport!	Recite the Special Olympics Oath	Share information on the Disney Raffle, http://soky.org/disneyraffle/
Wear any SOKY Shirt for the day!	Get some exercise! Do jumping jacks for 1 minute!	Post a picture showing off your Special Olympics medal or ribbon on social media & tag Special Olympics Kentucky	Drink 6-8 glasses of water today!	Get some exercise! Go for a 15 minute Walk!
Send a thank you note to a volunteer!	Draw/Color a picture of your favorite sport!	 FREE SPACE!	Do a <i>Fit Friday</i> workout found on the @sokentucky Facebook page!	Research Special Olympics Founder Eunice Kennedy Shriver
Visit the SOKY Store https://www.kyspecialolympics.com/	Learn your name or a phrase in sign language!	Tell a friend they are Awesome!	Write a thank you to Texas Roadhouse.	Got an Instagram account? Follow so_kentucky
Call 3 of your fellow athletes to see how they are doing	Wear Green for Mental Health Awareness!	Draw/Color a picture that represents what Special Olympics means to you.	Post your favorite SOKY memory on social media	Dance to your favorite song!