

COVID-19 ADAPTATION STRATEGIES FOR SIBLINGS



STRATEGY 1: USE ALONE TIME TO RELAX AND RESET

Find an empty room or a secluded spot outside to call your own. Go there at least once per day to think, meditate or listen to music. Any activity that helps you relax.

STRATEGY 2: EXERCISE WITH YOUR SIBLING

Walk or jog around your neighborhood with your sibling. Exercise indoors with Special Olympics Fitness resources like the Staying Fit at Home guide, Fitness Cards, and School of Strength.



STRATEGY 3: ENJOY FUN INDOOR ACTIVITIES

Play and learn with your sibling indoors. Use the Young Athletes at Home Guide and the Young Athletes Flashcards. Try a new hobby like knitting, painting or coloring.

STRATEGY 4: CONNECT WITH OTHERS VIRTUALLY

You may not be able to visit your sibling, other family members, or usual support system right now. Schedule phone calls with them as often as you would normally talk. Chat with other siblings on the Special Olympics Sibling Youth Leaders Facebook page.



STRATEGY 5: REMINDE YOURSELF THAT THIS IS TEMPORARY

You may feel like these challenges will never end. It is okay to acknowledge when times are hard. Remind yourself that this will pass. Use the Self Care Tips for Special Olympics Families resource to take care of yourself.

