



Welcome to Unified Club – a place where everyone belongs!

This handbook is your guide to what the Unified Club is all about and how we work together to create a more inclusive and connected school. Whether you're joining for the first time or returning for another amazing year, we're so glad you're here!

What is Unified Club?

Unified Club is a student-led group that brings together students **with and without intellectual disabilities** to build friendships, develop leadership skills, and promote a school culture where everyone feels included and valued.

We are proud that you have chosen to be part of the **Special Olympics New Hampshire Unified Champion Schools** program—helping to create positive change through the power of **inclusion, respect, and teamwork**.








Who Can Join?

Everyone is welcome!

Unified Club is open to all students who want to make new friends, have fun, and help create a school where **everyone belongs**—regardless of ability. All you need is a positive attitude and a willingness to include others.







Why Join?

Being part of Unified Club means you'll get to:

-  Make new friends
 -  Plan and take part in inclusive activities and events
 -  Share your ideas and be a leader
 -  Learn and grow through teamwork
 -  Help make your school a place of kindness and respect
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What's Inside This Handbook?

This handbook is full of tools and ideas to help your club thrive! Inside, you'll find:

-  Sample meeting agendas
 -  Monthly theme and activity calendars & menus
 -  Games and activity ideas for club meetings
 -  Unified fitness and wellness challenges
 -  Planning tools and leadership tips
 -  Additional resources to help you connect and include others
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Let's work together to make this a year full of **inclusion, friendship, and fun!**



Sample Unified Club Meeting Agenda



Date: [Insert Date]

Time: [Insert Start–End Time]

Location: [Room/Space Name]

Facilitators: [Student Leader(s) and/or Advisor Name]

1. Welcome & Attendance (5 minutes)

- Greet everyone as they enter.
- Optional sign-in sheet or attendance check.
- Quick introduction for any new members.

2. Icebreaker or Team-Building Activity (10 minutes)

- Example: “Would You Rather,” “Find a Friend Bingo,” or “Human Knot.”
- Purpose: Build connections and make sure everyone feels included.

3. Club Announcements & Updates (5 minutes)

- Upcoming events or important dates.
- Leadership opportunities or reminders.
- Quick overview of today’s goals.

4. Main Activity or Planning Time (15–20 minutes)

Choose **one** depending on the focus of the meeting:

- **Event Planning:** Plan a Spread the Word campaign, Unity Day activity, or social event.
- **Inclusion Workshop:** Watch a short video and discuss inclusion.
- **Creative Project:** Make posters, kindness cards, or pledge banners.
- **Unified Activity:** Play a team-building game or inclusive sport.





Sample Unified Club Meeting Agenda



5. Reflection & Wrap-Up (5–10 minutes)

- Go around the circle and share a “One Word Check-Out” (e.g., “fun,” “welcomed,” “proud”).
- Ask: “What went well today? Anything we want to do next time?”
- Remind students of the next meeting date and any take-home actions.

6. Optional Leadership Huddle (After Meeting)

- Quick check-in with student leaders to reflect and prep for the next meeting.

✓ Supplies Checklist (if needed)

- Markers, paper, printed flyers or handouts
- Laptop/projector for videos
- Club calendar and event sign-up sheet





Unified Club Yearly Theme Calendar (2025–2026)



Themed months aligned with national initiatives and opportunities for inclusion.

Month	Theme	Focus Event or Campaign	Suggested Activities
August 🌞	Welcome & Belonging	Back-to-School Kickoff	Meet & greet, poster-making, scavenger hunt
September 🤝	Connection & Kindness	Start With Hello Week (Sept 22–26)	Compliment wall, mix-it-up lunch, buddy challenges
October 🍁	Respect & Unity	Unity Day (Oct 22) / Bullying Prevention Month	Orange-out, pledge banners, anti-bullying skits
November 🦃	Gratitude & Giving	Thanksgiving Inclusion Campaign	Gratitude cards, service project, club celebration
December ❄️	Disability Awareness	Int'l Day of Persons with Disabilities (Dec 3)	Inclusion trivia, storytelling, inclusive art
January 🎯	Leadership & Goals	Mid-Year Reflection + Kindness Challenge	Vision board, random acts of kindness board
February ❤️	Unified Sports & Friendship	Unified Games or Spirit Week	Pep rally, unified basketball, friendship bracelets
March 🗣️	Inclusion Matters	Spread the Word: Inclusion (Mar 5)	Pledge drive, social media campaign, assembly
April 🧩	Autism Acceptance	Autism Acceptance Month	Neurodiversity celebration, red-out day, art project
May 🎉	Recognition & Celebration	UCS Celebration Week (May 4–8)	Awards, slideshow, ice cream social or field day
June 🌻	Reflection & Farewell	End-of-Year Celebration	Memory wall, thank-you notes, club picnic





Games & Interactive Activity Ideas



Social Games

Great for breaking the ice, building relationships, and having fun.

- **Would You Rather – Inclusion Edition**
- **Human Bingo** (Find someone who...)
- **Two Truths and a Lie**
- **Unified Scavenger Hunt** (in pairs or teams)
- **Name That Tune** or **Pictionary**

Cooperative Games

- **Parachute Games**
- **Balloon Volleyball** (with string/net in between)
- **Minute-to-Win-It Challenges** (adapted for all abilities)
- **Team Jenga** (each block has a fun question)
- **Obstacle Course Relays** (walking, crawling, rolling options)

Discussion Prompts

Use for reflection, relationship building, or themed conversations.

Inclusion & Identity

- What does inclusion mean to you?
- When do you feel most accepted and valued?
- How can we make our school more welcoming?

Friendship & Teamwork

- What makes a good friend or teammate?
- Share a time you helped someone or were helped.
- What's one kind thing someone did for you this week?





Games & Interactive Activity Ideas



Empowerment & Leadership

- What strengths do you bring to the club?
- What would you like to lead or try this year?
- If you could teach the school one thing about inclusion, what would it be?

✓ *Tip:* Use a “talking piece” or small ball to help take turns.



Community Service Projects

Support teamwork while giving back to others.

School-Based Projects

- **Kindness Rocks Garden**
- **Create a “Wall of Inclusion” or bulletin board**
- **Handwritten notes for staff or classmates**
- **Host a classroom “Inclusion Read-Aloud” with younger grades**
- **Organize a gently used clothing or school supply drive**

Community Connections

- **Make care kits** (for shelters, food pantries, or foster care)
- **Volunteer at a local Special Olympics event**
- **Adopt-a-Spot** (clean up a school garden, hallway, or neighborhood park)
- **Decorate placemats or cards** for local senior centers or hospitals
- **Host an Inclusive Game Night** and invite families



Creative & Ongoing Projects

Perfect for meetings or long-term engagement.

- **Inclusion pledge banner** signed by club and students
- **Design T-shirts, posters, or stickers** with inclusive messages
- **Make an inclusion mural** or paint ceiling tiles with positive words






Unified Club Fitness Activity Ideas



1. Unified Circuit Stations

Set up stations with different movements and rotate every 1–2 minutes. Examples:

- Jumping jacks
- Arm circles
- Wall sits
- Step-ups on a box or bench
- Balance on one foot or balance beam
- Chair stretches for seated options

 *Tips:* Use visual cards to show each activity, pair students up, and play music!

2. Partner Yoga or Stretching

Teach simple partner poses or stretches such as:


- Seated twists
- Back-to-back breathing
- Side stretches
- Tree pose with a friend

 *Focus:* Mindfulness, flexibility, and connection.

3. Unified Fitness Bingo

Create Bingo cards with activities like:

- “10 squats”
- “March in place for 30 seconds”
- “Do a silly dance”
- “High five 3 people”
- “Balance on one foot for 10 seconds”

 *Goal:* Fill a row or full card by moving and engaging together.





Unified Club Fitness Activity Ideas



4. Dance Party or Zumba

Play upbeat music and follow along with dance moves. You can:

- Invite a guest instructor
- Use YouTube videos (e.g., Just Dance, Kidz Bop, or Zumba Kids)
- Let students take turns leading their favorite moves



Great for: Energy, expression, and confidence-building.



5. Unified Olympics or Field Day

Host mini-events with stations such as:

- Softball toss
- 40-yard dash or wheel roll
- Pool noodle javelin
- Hula hoop challenge
- Water balloon toss (warm weather!)



Celebrate effort, teamwork, and inclusion—offer medals or certificates!



6. Inclusive Team Games

Adapt classic games to be inclusive:

- Parachute games
- Unified kickball or tee ball (use soft balls, allow partner runners)
- Scooter board relays
- Balloon volleyball (over a net or string)



Always adapt rules for fairness and fun!





Unified Club Fitness Activity Ideas



7. Mindful Movement & Relaxation

End a meeting with:

- Guided breathing exercises
- Gentle stretching
- Chair yoga
- Relaxing music and meditation



Helps students regulate energy and wind down together.



8. Movement-Based Icebreakers

Fun short activities to mix movement with socialization:

- “Move if you...” (e.g., like pizza, have a pet, etc.)
- Follow the Leader
- Mirror Movement










Unified Club Activity Menu Board



Choose an activity from each category to keep your club meetings fresh, fun, and inclusive all year long!

 Icebreakers & Games	 Discussions & Reflection	 Service & Kindness	 Creative & Projects	 Movement & Fitness
Human Bingo	What does inclusion mean to you?	Create thank-you cards for staff	Inclusion pledge banner	Balloon volleyball
Would You Rather?	When do you feel most included?	Kindness rocks garden	Unified Club scrapbook	Dance party
Name That Tune	What makes a good friend?	Make care kits for shelters	Poster-making for a campaign	Unified obstacle course
Team Jenga	How can we help new students feel welcome?	Host a food/clothing drive	Create a club logo or t-shirt	Yoga or stretching circle
Scavenger Hunt	What makes you proud of your club?	Help clean a school space	Inclusion mural or chalk walk	Relay games
Minute-to-Win-It Games	What do you want to lead this year?	Read-alouds to younger students	Story-sharing circles	Partner fitness stations





Why reinvent the wheel. Look at what other Unified schools across NH are doing.

If an activity or class looks interesting and you want more information, just ask,

we will connect you! 📞 📧



Whole School Engagement Activities



Faculty vs. Unified Games	Pep Rallies	School Dances/Proms/Balls
Penguin Plunge/Dip/DIY	Spread the Word Campaign	Fans in the Stands
Similarity Awareness	Autism Awareness Fundraiser	Unified Sports Day
Unified Field Day	Unified Ball vs. Fire/Police	Announcement TVs
Instagram Highlights	8th Grade Step-Up Day	Walk for Change
In-School Unified Basketball Game	NHIAA Scholar Athlete Awards	MS – KIDS Initiative
Sensory-Friendly Dance	Banner Celebrations	Diversity Curriculum in Advisory
Kindness Week	Law Enforcement Torch Run	



Unified Sports Participation



NHIAA Unified Basketball	NHIAA Unified Soccer	NHIAA Unified Volleyball
NHIAA Unified Track & Field	Unified Cheer	Unified Middle School Basketball
Unified Middle School Cornhole		



Inclusive Classes Offered



Unified Art	Unified Wellness	Unified PE
Unified Health	Unified Science	Unified Social Studies
Unified Global Studies	Unified Reading	Unified Spanish
Unified Math	Unified Life Skills	Unified Literacy
Unified Drama	Unified Greenhouse	Collaborative Sewing
Unified FCS	Unified Music	Unified Floral
Unified Culinary	Unified Civics	Unified Nutrition



Inclusive Youth Leadership Initiatives



Youth Summit	Peer Mentorship	Best Buddies
Unified Club	WATS Club	Be The Change Club
Just Like Us	ASPIRE Club	Inclusive Mindfulness
Unified Gaming	Unified Chess	SALC/SALT Unified Pairs
Coffee Cart	School Board Liaison	Lunch Buddies
Unified Move-Up Night	Unified Open House	PIE Drive
Friendsgiving Lunch	Greenhouse w/ Solar Grant	HS-MS Presentations
Student-Made Unified Video	UCS Networking Events	



Sustainability & Community Impact



School Board Support	Staff vs. Unified Games	Faculty vs. Students/Schools
Penguin Plunge/Dip/DIY	Wheelchair Basketball Games	Swag Distribution
Autism Fundraiser (Buttons)	5K Road Race	Silent Disco
Coffee Cart	Golf Tournament	

Lead the Way: A Monthly Unified Whole School Engagement Challenge Series



Lead the Way: A Guide to the Challenges



Focus: The core theme



Goal: What you're working toward & why it matters



Duration: How long the challenge runs (e.g., 1 week, 1 month).



How to Participate: Details on ideas for each month's challenge



Who Can Participate: Students, staff, Unified clubs, classes, etc.



How to Win / Earn Points / Be Recognized



Share the Action: Submit your photos, stories, or social media posts.



September 2025

Opening Doors for Inclusion



**A Celebration Of Inclusion Through Art:
Open Your Doors For Inclusion!**



Making a bold statement about the power of inclusion—one decorated door at a time. This month's campaign challenges students with and without disabilities to help us open the door of inclusion!



Each school has the freedom to interpret inclusion in their own way. Join us for National Inclusion Week - September 15th to 21st.



Unified teams/clubs/classrooms.

How it Works:



Decorate ANY door to show us what "Inclusion" looks like to you!

What would we like to see? Hallways filled with stunning, heartfelt displays—each one a testament to the creativity, passion, and commitment to inclusion.

Bonus... if you can get other classes involved for a Whole School Engagement activity!



Photo submissions accepted until September 25th from students, teachers, coaches, administrators, family members, and beyond!

"Open Your Doors, Open Your Hearts—Create for Inclusion!"



Special Olympics New Hampshire staff members will cast their votes to determine which school created the most powerful visual representation of inclusion and winners will be announced Oct 3rd!

October 2025

Disability Awareness Month



Inclusive Fitness Challenge: "Move for Awareness"



Promote disability awareness and inclusion through adaptive and accessible fitness activities.



4 Weeks - Each week focuses on a theme that raises awareness and encourages participation from all ability levels. 😊



Week 1: "Know Your Limits, Celebrate Your Strengths"

Do 10 minutes of mindful stretching (seated or standing).
Share an inspiring story or fact about a person with a disability



Week 2: "Move Your Way"

Track 20 minutes of movement (walking, wheeling, dancing, swimming, etc.) on 3 days this week.

Try an adaptive workout like yoga or explore inclusive activities in PE, like wheelchair basketball, goalball, or blindfolded games that build empathy and understanding.

Week 3: "Partner Up for Inclusion"

Do a fitness activity with someone of different abilities.
Host or join an inclusive group walk, or virtual event with a neighboring school.

Week 4: "Break Barriers, Build Empathy"

Try a mobility-limited workout (e.g., blindfolded walk, chair-only workout)
Attend or host a disability awareness talk or event.

"Fitness should be for everybody — when we move together, we grow stronger together."



Snap it, share it, show it off! We want to see your "Moving for Awareness" moments — highlight inclusion, teamwork, and fun for a chance to be featured by SONH!



November 2025

Thankful Together Story Share Challenge



Building Unity by Sharing Stories of Gratitude



Help every student and staff member feel seen, valued, and appreciated by sharing stories of gratitude and connection throughout the month of November.



Students, teachers, staff, families.....anyone!



How it Works:

Throughout the month, your school should collect and share gratitude stories from across your community.

Students, staff, and families are invited to reflect on:

- A **person** they are thankful for in the school community
- A **moment** when someone made them feel included
- A **lesson** they are grateful to have learned this year

Each week, selected stories can be shared school-wide through:

- Morning announcements
- Social media posts
- A “Thankful Together” bulletin board or hallway display
- Short videos created by students and staff



We encourage Unified Pairs, classes, and teams to submit quotes, stories, photos and videos together, highlighting inclusion and teamwork.

“Everyone has a story worth sharing—and someone to be thankful for.”



Winners will have their submissions shared in SONH's newsletter and across our social media platforms!



December 2025

Walking in a Winter Wonderland



Winter Wonderland Weekly Fitness Challenge



Stay active, strong, and mindful all month long—by building healthy habits, embracing the outdoors, and making movement part of your holiday season.



Week 1: Snow Much Movement

Goal: Get outside and move for 30+ minutes, 4 times this week.

Ideas: Walk, shovel, sled, skate—whatever gets you moving in the cold!

Week 2: Holiday Hustle

Goal: Do a 10–15 minute workout, 5 days this week.

Ideas: Try a dance break, holiday yoga, or a quick bodyweight circuit.

Week 3: Strength in the Season

Goal: Complete 2 strength sessions this week.

Ideas: Use resistance bands, bodyweight moves, or light weights—your pace, your space.

Week 4: Reflect & Reboot

Goal: Do 3 calming sessions of stretching, yoga, or mindfulness.

Ideas: Breathe deeply, stretch gently, take a gratitude walk—even in the cold!.



Students, teachers, staff, families.....everyone!

“Move your way this winter—stronger together every day!”



Share your winter movement moments with SONH for a chance to be featured in next month’s newsletter—let’s celebrate every step together!



January 2026

Winter Water Sports Challenge



One month, one plunge, one purpose!



Join the movement to support SONH all month through fun, fundraising and team spirit!



Recruit & Rise - Get Cold for a Cause - Launch the campaign and share the mission behind the plunge.

- Get a wave of sign-ups by holding an assembly or launch kick-off on the announcements.
- Recruit 5 friends!
- Teacher Bonus: Get a teacher to join or promote you!



Team Takeover - Squad Up & Show Off - Hype up the challenge and do some team building

- Plan your team costumes + name - Most Spirited Team will be recognized by SONH!
- Social Blitz - Post your link, tag 3 friends to join/donate
- Have a hype table during lunches!

Fundraising Frenzy : The Money Meltdown - Mid month push for support!

- Local Business Shoutouts: Ask local businesses to sponsor or share your plunge page.
- Cold Call Challenge - Text or DM 10 people in one day. Tip: Share progress: I'm \$20 from my goal - can you help?

Final Freeze : Finish Strong - Celebrate success and excitement!

- Final Fundraising Push - Top 3 fundraisers = swag
- Start a countdown clock with reminders and and thank yous
- Recognize your Plunge Ambassador Most energy + most signups!

"Inclusion isn't just something we support — it's something we plunge into."



Complete as many as you can — the more you do, the more chances you have to win prizes, VIP status, or just major bragging rights.



February 2026

American Heart Month



Healthy Heart Month Fitness Challenge



February is American Heart Month, a great time to focus on heart health and physical fitness!



This month we present our Weekly Fitness Challenge plan tailored to promote cardiovascular wellness, build healthy habits, and keep things fun and motivating!



Week 1: Move More, Sit Less

Goal: Get at least 30 minutes of moderate activity 5 days this week.

Challenge Ideas: Take 3 brisk 10-minute walks per day, set an alarm every hour to stand/stretch for 1–2 minutes or try a new activity like dancing, jump rope, or hiking.

Week 2: Cardio Boost Week

Goal: Get at least 30 minutes of moderate activity 5 days this week.

Challenge Ideas: Do a Zumba class, do a HIIT workout (20–30 minutes). Bonus: Record your resting heart rate before and after the week.

Week 3: Strengthen Your Heart

Goal: Add 2 strength training sessions this week.

Challenge Ideas: Do a bodyweight circuit (squats, push-ups, lunges, planks) 3 sets of 10. Bonus: Do 3 sessions instead of 2.

Week 4: Stretch, Breathe, Recover

Goal: Practice active recovery and mindfulness 3 times this week.

Challenge Ideas: Do a 20-minute yoga or stretching routine, take a mindful walk without distractions (Put away those phones. If you are walking with a friend – have a great conversation) or practice 5 minutes of deep breathing or meditation.

"Get your heart pumping and your smiles jumping — let's make fitness fun this February!"



**"Show us how you're keeping hearts healthy and habits strong!
Share your photos or videos of this month's fitness fun — you could
be featured in the SONH newsletter or on our social media!"**



March 2026

Spread the Word



 Spread the Word - Inclusion Starts With Us

March 4th is Spread the Word Day.

Creating a more inclusive world starts with a single action: yours.

Here's a one week plan to Spread the Word!



Students, teachers, staff, families.....everyone!



Monday: Make It Visible

ES: Kind-message hearts in hallways · Wear your brightest color

MS: Design inclusion posters · Chalk the walk

HS: Post with #SpreadTheWord · Decorate lockers with “You Belong” notes

Tuesday: Learn It, Live It

ES: Read a book or watch a short inclusion video

MS: Watch a video + journal · Do an empathy mini-lesson

HS: Attend/facilitate a discussion · Share podcast/TED Talk takeaways

Wednesday: Words Matter

ES: Color an inclusion pledge · Practice compliments

MS: Write & sign a pledge · Make a “Kindness Chain”

HS: Sign the pledge · Read poems/speeches during lunch

Thursday: Make a Connection

ES: Mix up recess · Buddy lunch or storytime

MS: Unified lunch or recess · Play team games with new peers

HS: Join/start a Unified Club · Attend a peer-led inclusion café

Friday: Celebrate Inclusion

ES: Parade of Kindness · Kindness Champion awards

MS: Spirit Day · Play inclusion trivia or scavenger hunt

HS: Hold an assembly or highlight video · Give shout-outs or certificates.

“Inclusion isn't just a goal—it's something we build every day, together.”



Do at least 1 activity per day—or all for extra recognition!



April 2026

Autism Awareness & Acceptance Month



From Awareness to Action



This month, build understanding, celebrate neurodiversity, and promote everyday inclusion.



Awareness Activities



- **Wear Blue Day (April 2 – World Autism Awareness Day):** Encourage students and staff to wear blue and decorate halls with blue ribbons or handprints.
- **Morning Announcements:** Share daily facts, bust myths, and spotlight inspiring autistic individuals.
- **Video Spotlight: Amazing Things Happen (YouTube)**
- **Autism Book Display:** Create a resource table in the library or front office.

Student Voice & Expression

- **Student Spotlights:** Share stories, quotes, or interviews from students with autism (with permission).
- **"I Am Me" Art/Poetry Showcase:** Invite students to create work about identity and uniqueness.
- **Classroom Discussions:** Use prompts like "What is neurodiversity?" or "How can we support others' differences?"

Inclusive Environment

- **Sensory-Friendly Day:** Dim lights, lower noise, and explain sensory sensitivities.
- **Inclusive Pledge Wall:** Students write pledges to support inclusion on sticky notes or handprints.
- **Peer Buddy Challenge:** Encourage students to connect with new peers or participate in Unified activities.

Community & Celebration

- **Spirit Week Ideas:** Monday: Light It Up Blue, Tuesday: Mismatch Day (Different Abilities, Same Hearts), Wednesday: Pajama Day (Sensory Safe), Thursday: Random Acts of Kindness Day, Friday: Be You Day (Favorite outfit or color)
- **Unified Games or Inclusive Recess:** Celebrate inclusion through play.
- **Class Reflection:** Create a poster, collage, or video about what was learned and how to stay inclusive year-round.

"Different minds make the world brighter. Inclusion means everyone belongs."



Email your highlights this month to show off what acceptance looks like in your school



SEL

ACTIVITY CARDS







Developed by the Center for Social
Development and Education in collaboration
with Special Olympics






INSTRUCTION CARD

How to use:

It's easy! All you need to do is pick cards that interest you or your team and perform the activity with them. Each card contains:

-  The SEL goal of the activity
-  Coaching tips
-  Activity instructions
-  Time estimate
-  Goals check questions
-  Extra materials needed

Picking Activities by Card Type:

-  **Kick-off Cards:** easy, low-effort cards for you and your team to "dip your toes" in SEL activities.
-  **Team Huddle Cards:** recurring, adaptable activities that can be performed many times each week, season, or year.
-  **Drill Cards:** SEL adaptations for specific drills/activities.

Picking Activities by SEL Skill:

- Self-reflection
- Goal Setting
- Mindfulness
- Perseverance
- Respect for Others
- Team Building
- Problem Solving



COACHING TIPS

1. Draw parallels between SEL skills and the everyday lives of teammates.
2. Carry-out activities in small groups.
3. Pair share.
4. Use different strategies to group teammates so that everyone has an opportunity to work with each other.
5. Pass a ball around when answering questions.
6. Encourage every teammate to answer questions or say pass.
7. Assign leadership roles.
8. Have a teammate lead an entire activity with a small group or have a pair of teammates lead an activity with the whole team.
9. Instill a growth mindset- these activities are meant to help teammates learn and grow.
10. Use visuals (e.g. writing on posters or whiteboards).
11. For those who have trouble communicating, adjust the language you and teammates are using or use picture cards.
12. Implement "time-outs" where you briefly discuss how an activity is going and what folks next steps should be.
13. **Make these activities your own!** Rename and modify these activities with your players to integrate them into your team culture.

Targeted SEL Skill

 Time

 Materials

ACTIVITY NAME

*Card color indicates whether the card is a Kick-off, Team Huddle, or Drill Card



SEL goal



Activity instructions



Goals Check: Questions to prompt a debriefing discussion with students (see Goals Check Card for more information on leading a successful debrief)



Coaching Tips: Ways to adapt activities, leadership opportunities, and other helpful insights (see Coaching Tips Card for more suggestions)



GOALS CHECK

Following the completion of an activity card, ask your team members follow-up questions to highlight the social and emotional skills they are practicing

Understanding

- What did we do? Why did we do this activity?
- Was the activity hard? Easy? Why?
- What could you have done differently?
- What emotions did you experience while participating in the activity? Were they positive or negative? Was it ever hard to manage your emotions?
- How did you communicate with one another?
- What did you learn?

Application

- What are you going to do next time you feel that way?
- Do you ever feel that way outside of sports?
- How can we communicate better in the future, at practice, a competition, or outside of sports?
- Did this activity remind you of any real-life situations? In or outside of sports?

Self-reflection

10'

QUESTION OF THE DAY



Create a space to **reflect and develop strong connections** among teammates



1. Ask questions that prompt self-reflection
 - What do you like about being on the team?
 - What can you do individually to make the team better?
 - What do you want to accomplish today?
2. Pass a ball around. The teammate holding the ball answers the question.



Goals Check: What did you learn about yourself? Your teammates?



- Create questions based on the needs of your team.
- **Leadership Opportunity:** Task one or two students with producing their own questions for the team.

Mindfulness

5'

TEAM BREATHING



Promote **self-regulation** and **stress management**



1. Teammates sit comfortably and close their eyes.
2. Then, they pay attention to their breathing, focusing on each breath in and out for 30s to 2min.
3. After, teammates share what they noticed about their breathing or any thoughts or feelings that came to their mind.
4. End with a collective team breath where the entire team takes one deep breath in and out.



Goals Check: How can this help you manage what you are feeling?



- Start off breathing for 30s and gradually add more time over the course of a season.
- Call out reminders to focus on breathing or use a pre-written script.

Goal Setting

15'

GOAL SETTING



Create the opportunity for teammates to **set realistic goals**



1. Start a discussion about individual and team goals, short-term (for this practice or an upcoming game) and long-term (season-long or for their whole high school career).
2. Everyone writes down their goals.
3. Pass a ball around. The teammate holding the ball shares a goal with the team.



Goals Check: Why did we say our goals aloud and share them with the team?



- Check-in with team members throughout the season on their goals (What's been achieved? What needs adjustment?)
- Set specific, measurable, attainable, relevant, and time-bound (SMART) goals.

Perseverance

10'

ONE STEP AT A TIME



Teammates learn to **keep working** at something until a **goal is achieved**



1. Place teammates at a distance where it is difficult to shoot or serve the ball.
2. Teammates repeatedly practice shooting or serving, however every time they miss, they take one step closer to the basket/net.
3. Teammates continue this activity until they score or complete a serve.



Goals Check: What skill did we work on? How will this help us at our next practice/game?



- Pair teammates and have them coach each other through achieving their objective.

BE A GOOD SPORT



Practice being a **good team player** and **kind competitor**



1. Ask teammates to think about what it means to be a good team player vs a poor team player.
2. During a drill, have 1 or 2 teammates demonstrate how a good team player behaves.
3. Next, have 1 or 2 teammates demonstrate how a poor team player behaves.
4. Ask teammates to discuss the different behaviors and make suggestions for how the poor team player can improve their behavior.



Goals Check: How can you be a good sport outside of Unified?



- Make sure teammates have a chance to demonstrate good behavior and watch others demonstrate good behavior.

FOCUS OF PLAY



Understand how to **respect different abilities** and adjust levels of play



1. Discuss with teammates how their play might change based on their opponents'.
2. Ask: What ways can we check to see if we should focus on passing rather than scoring (perhaps checking the score or watching the other team)?
3. Start a scrimmage or mock competition to practice adjusting levels of play.
4. Every few minutes call a "time-out" and ask teammates what they think their focus should be on in that moment and why.



Goals Check: How will this change how you play in the next game?



- Discuss sportsmanship. Ask teammates: What does sportsmanship mean to you?

TEAM ROTATION



Promote **connection** among teammates



1. Divide teammates into two groups and circle up.
2. Have one circle stand inside the other.
3. The outer circle rotates clockwise and the inner circle counterclockwise while you play music.
4. At random intervals, stop the music and have teammates facing each other exchange one fun fact about themselves. Repeat until everyone has met up with each other.



Goals Check: How does getting to know our teammates help the team?



- Pair up students in each group and have them rotate in the circle as a unit, helping guide one another.
- Come back to this activity later in the season. When the music stops, have teammates share something they already know about the other.

HOW TO COACH



Teammates learn to give one another **positive and constructive feedback**



1. Ask: If you were the coach, how would you give coaching corrections to a teammate struggling with a skill or drill?
 - How would you stay positive and avoid hurting their feelings?
2. Provide an example. Have a few teammates execute a skill or drill and give them feedback.
3. Next, have the team practice giving feedback. Incorrectly execute a skill or drill. Have team members give you coaching corrections.



Goals Check: Why did we practice giving positive feedback?



- Ask students to share how they would feel if a fellow teammate gave them negative criticism (you can act this out, too).

NAME GAME



Promote **connection** among teammates



1. Divide the team into groups and have them circle up.
2. Instruct teammates to pass the ball to anyone in the circle, but before doing so they must say the name of the person they are passing to.
3. Once team members have the hang of it, continue to add more balls into the circle for a challenge.



Goals Check: Why is it important to know everyone's name?



- **Note:** students may struggle with names at the beginning of the season. Instead of calling out some one else's' name, have students say their own name when they receive the ball.

HUMAN KNOT



Learn to **communicate** with one another and **work together**



1. Everyone stands in a close circle, and grabs hands with two different people from across the circle.
2. Without losing grip of anyone's hands, the team must untangle the knot they've created.
3. Encourage everyone to share a method for untangling the knot and discuss any frustration that occurs.



Goals Check: What helped in getting untangled?



- If any teammates are visually impaired, have half of the team wear blindfolds.
- Have teammates with limited mobility sit in a chair/wheelchair. Teammates must untangle the knot with some teammates sitting.
- Have students hold on to pieces of string instead of each others' hands.
- **Bonus Challenge:** Try to complete the activity without talking.

Self-reflection

10'

POSITIVE SELF-TALK



Develop **self-confidence** and **reflect** on one's values



1. Huddle up and have every teammate go around and share one thing they did during the practice/ day/ week that they are proud of or something they are grateful for.
 - This could be anything related to sports, school, or home life.
2. Pass a ball around. The teammate holding the ball shares what they are proud of or grateful for.



Goals Check: How did this activity make you feel? Why did we share what we are proud of?



- Create pairs where teammates discuss their reflections before sharing out.

Self-reflection

10'

APPRECIATION, APOLOGY, AHA



Encourage teammates to **reflect on their behavior** and how it affects the team



1. Gather teammates in a circle and ask them to share one or more of the following:
 - Appreciation- I'm so glad X helped me with...
 - Apology- I'm sorry I got angry when...
 - Aha (realization)- I realized I might have hurt X's feeling when I...
2. Pass a ball around. The teammate holding the ball shares with the group.



Goals Check: Was this easy? difficult? How will this process make us a stronger team?



- Split team into small groups or pairs to ensure everyone has a chance to share and come back as a large group for final reflections.

Self-reflection

15'

POST-COMPETITION REFLECTION



Encourage teammates to consider how they **handle challenges and successes**



1. Discuss the previous competition, focusing on teammate's emotional experiences throughout.
 - How did you feel before, during, and after the game?
 - Were you excited? Nervous? Happy? Disappointed?
 - Did your emotions impact how you played or behaved?
2. Encourage teammates to reflect on both personal and team experiences.



Goals Check: How could this type of reflection help outside of sports?



- **Leadership Opportunity:** Ask a Unified pair to lead this discussion.

Goal Setting

15'

GOAL BOARD



Team members set **SMART** (specific, measurable, attainable, relevant, & time-bound) **goals**



1. Everyone comes up to a white board and writes down a goal they have for the team. This could be a short-term goal (for that practice or upcoming game) or a long-term goal (for the entire season).
2. AND/OR: Pair up teammates and provide them each with a piece of paper/ poster board. They write down and decorate a personalized goal board with their individual goals.



Goals Check: What is the point of displaying our goals?



- Hang up the personalized goal boards in the gym/ in the locker room.

Goal Setting



3 STARS & A WISH



Identify strengths and **one goal** those strengths can help them achieve



1. Write down three "Stars"- things that they do well. This can be anything from running fast, to comforting team members when they're down.
2. Come up with a "Wish" - or something that they want to work on.
3. In pairs, discuss the connections between the Stars and Wishes – how can their strengths help them develop a new skill?



Goals Check: How are you going to work on your wish?



- Revisit this activity every few weeks to see if students' wish has become a star, if so, have students pick a new wish.

Mindfulness



STOP, BREATHE, REFLECT



Teammates learn to **manage emotions**



1. Teach teammates to handle anger or anxiety through breathing by instructing students to stop, take 3 deep breaths, and reflect on what they are feeling.
2. Have the team choose a word that will act as their reminder to think about their breathing and inspire them to stay calm.



Goals Check: When might be other times you use this technique?



- Encourage teammates to use the team word whenever they see their teammates getting stressed or worked up, within or outside sports.

Mindfulness



RESET, RESTART



Teammates learn to **manage emotions and impulses**



1. When the team is having difficulty controlling themselves, call out "Reset"!
2. When heard, everyone stops what they're doing, covers their eyes with their arm, and stands still for 3-5 seconds (max 10 seconds).
3. Then, call out "Restart"! The team can now see and move again.
4. Discuss why the team needed a reset and what they can do better in the future.



Goals Check: What you think about while re-setting? How did it help?



- **Leadership Opportunity:** Set students as "Reset Captains" where they can determine and call out when the team needs a reset.

Perseverance



CHOOSE YOUR CHALLENGE



Teammates **persevere** through a task they find difficult and see their improvement



1. Ask teammates to identify a specific skill they find difficult.
2. Have teammates spend 5 minutes working on their chosen skill.



Goals Check: How did you feel working on your goal again and again?



- Have teammates set goals for improving the skill they chose.
- Return to this activity once a week and have teammates reflect on their progress.
- Pair teammates who struggle with the same skills or teammates who have different strengths and have them work with one another.

Respect for Others

2'

CHECK YOUR BUDDY



Understand others' **perspectives** and **feelings**



1. Divide the team into pairs and have teammates check in on one another throughout practice, asking how they are doing or how a drill is going.
2. Have team members monitor the emotional well-being of their buddy.
3. During practice, call "time-outs" to give teammates opportunities to check in on one another.



Goals Check: How can this teach us to see others from a new perspective?



- Everyone draws names from a hat and checks in on that teammate.
- Pair buddies for an entire week to help teammates bond with one another.

Respect for Others

7'

SPORTSMANSHIP CHEER



Teammates show **appreciation** and **respect for others**



1. As a team, create a post-competition cheer to thank the opposing team for their participation.
2. Set expectations for how the team should behave toward an opposing team following a competition, win or lose.
 - Consider how to be gracious hosts and guests.



Goals Check: What did we learn about respecting others?



- **Leadership Opportunity:** Before the game, name one player to oversee the cheer. It will be their responsibility to gather all the team members after the game and start the cheer.

Team Building

10'

SHOUT OUTS



Promote **connection** among team members



1. Gather teammates into a circle and ask everyone to share a positive comment about the player standing next to them.
2. Continue this in a round robin until everyone has given and received an shout out.
3. After everyone has shared, open the floor for teammates to state positive comments for the team as a whole.



Goals Check: When can you give shout outs outside of practice?



- Provide an example for the team by starting with your own shout out to a coach or a team member for their contributions or their positive behavior.

Team Building

10'

GRATITUDE WEB



Team members see how **they each contribute to the team**



1. Get a ball of yarn and gather teammates in a circle.
2. Hand the ball of yarn to one teammate, ask them to hold on to a strand of it, throw the ball of yarn to another teammate of their choice, and express something that this teammate does well.
3. Repeat this process until everyone is holding on to the yarn, creating a web of yarn.
4. Discuss with how everyone "doing something well" creates a strong and interconnected team.



Goals Check: What did we learn about teamwork?



- Set a rule that no one can be thrown the ball of yarn more than once.

RECREATE A SCENARIO



Reflect on successes and failures and **strategize** ways to improve.



1. Have teammates act out a scenario that occurred during a competition.
2. Discuss what went well and what could have gone better.
3. Next, teammates think of ways they could change/improve their playing during the scenario.
4. After, once again recreate the scenario, this time putting the team's new ideas into practice.



Goals Check: Why did we recreate a past event? What did we learn?



- Acknowledge that there is room for improvement while also highlighting what the team did well.
- Recreate both positive and negative performances/scenarios.

PRACTICE PLAN



Team members **analyze skills** that need work and **create a plan for improvement**



1. Task teammates with deciding what practice will look like for the day.
2. Ask teammates what they think they need to work on.
3. After, ask them to select drills/exercises that address what they need to work on.
4. Create a schedule for practice around the drills/ exercises selected by the team.



Goals Check: Why did you create the practice plan you did?



- **Note:** This activity works best once students have competed some smaller goal setting and self-reflection activities.

Self-reflection



SPOT THE DIFFERENCE



Recognize good technique and reflect on one's own technique for areas of **improvement**



1. Explain and/or demonstrate how a highly skilled player, such as a professional athlete, would perform a drill, skill, or play.
2. Ask: What do we do as a team? What do you do as an individual?
3. Follow up: What do we need to work on? How can we improve?
4. Everyone tries to complete the drill, skill, or play to the best of their ability.



Goals Check: What did you learn about your own skills? How will this help you in the future?



- Encourage teammates to reflect on both personal experiences and experiences as a team.
- Demonstrate the skill/drill yourself or play a video clip.

Goal Setting



COMMON GOAL



Teammates work together to achieve **short-term goals**



1. While executing a drill, set a goal for the team to meet before moving on to a different part of practice. For example, the team must complete 5 passes.
2. Continue the drill until the goal is achieved.



Goals Check: Why did we work on this goal until we achieved it?



- Ensure that the goal you're setting is achievable for everyone.
- Next time, make the goal slightly harder to complete.
- **Leadership Opportunity:** Ask a student to decide the goal they want the team to reach.

Mindfulness



SLOW-MO MOVEMENT



Promote **self-regulation** and **stress management**



1. Complete a movement (walking, stretching) in slow motion, moving as slow as possible.
2. Team members pay attention to their body (head, arms, legs, and feet) as they move.
3. Teammates must match their movement with their breathing, one breath in and out per movement.



Goals Check: What did you think about? Did you ever lose focus?



- Make the movement small, like clapping and unclapping one's hands, so teammates with limited mobility can participate.
- Incorporate this activity into your warm-up at practices and games.
- Try this activity when teammates seem frustrated with a drill.

Perseverance



OVERCOMING OBSTACLES



Practice **never giving up**, even under challenging circumstances



1. Perform a routine skill/drill.
2. Introduce an obstacle like uneven teams (5 vs 7), a head start, prevention from using dominate hands or feet.
3. Give teammates a few minutes in groups to strategize how to face the obstacle.



Goals Check: How will we face challenges in the future?



- Introduce the activity by asking teammates to share a time in which they had to persevere.
- **Leadership Opportunity:** Create a "Rally Captain", a person in charge of vocally encouraging their teammates to persevere.

YOU CAN DO IT!



Teammates **encourage** one another to **persevere**



1. Task teammates with a challenge: a difficult drill, pass, shot, or length to run.
2. Each teammate repeats the challenge until they have achieved it.
3. Once a teammate completes the task, it is their responsibility to cheer on others. They must support and rally their teammates as they continue the challenge.



Goals Check: How can we encourage our teammates more in the future?



- Make sure the challenge is achievable for all players.
- Do the activity in pairs or small groups.

PEER COACHING



Learn how to **work together** and **communicate** with others



1. In pairs or small groups, teammates coach each other on a specific skill or drill.
2. Have each member of the group or pair take turns correcting one another on execution and technique.



Goals Check: How can peer coaching make us a stronger team?



- **Note:** Prior to this activity, revisit the How to Coach Activity (giving positive and constructive feedback).
- Before the activity, provide examples of good coaching corrections- feedback that is helpful and complementary.

SLOW YOUR ROLL



Prioritize **team play** and learn about the **meaningful involvement** of all teammates



1. Work on playing as a team instead of as an individual.
2. Limit the number of times a teammate can touch the ball, shoot, score, or how fast they can run (for example, every teammate must touch the ball before anyone can try to score).



Goals Check: What did we learn about playing as a team?



- Prioritize passing and ensuring everyone gets a chance to shoot and score.
- **Leadership Opportunity:** Assign teammates to oversee possessions and scoring and direct others on who to get the ball to.

SILENT DRILLS



Learn the effects of **communication** on **problem solving**



1. During a difficult drill, split the team into three groups.
2. The first team must perform the drill without talking or signing to each other. The second team can only communicate by signing/motioning to each other. The final team can talk and sign freely.
3. Give each team 5 minutes to strategize how to complete the drill.



Goals Check: How did we address the challenges we faced?



- Once each team has completed their drills, discuss what they found difficult.
- Discuss how everyone responded to different communication styles.



Youth Activation Committee

The Youth Activation Committee (YAC) is an inspiring team of high school leaders with and without intellectual disabilities who work together as Unified pairs to make a difference in New Hampshire. As a YAC member, you'll team up with other Unified pairs throughout the state to promote Unified sports, plan events and drive positive change in your school and community. If you're excited about leadership and inclusion, fill out the form and join us in creating a world where everyone belongs!



Scan here to fill out our YAC Interest Form and join this amazing and inspiring group of Unified youth leaders here in New Hampshire.



Meet the SONH UCS Team



Leisa – Director, Schools

Welcome to the wonderful world of Unified Club! My name is Leisa D'Amour and I serve as the SONH Unified Champion Schools Director. I collaborate with schools in the Great North Woods, Upper Valley and Central areas of New Hampshire. I support schools with all 3 UCS components including Unified Sports®, Inclusive Youth Leadership and Whole School Engagement activities that help engage the entire school community. I am available for anything you might need! You can contact me here: leisad@sonh.org or 603-722-0423. We are looking forward to working with you and your school this year!



MJ – Manager, Schools

Hi, my name is MJ Hippert and I have been involved in SONH off and on since around 1990. I am currently the school's manager and I work with schools in the Seacoast, Monadnock, Lower Merrimack and Greater Manchester areas. I also support schools with all 3 UCS components including Unified Sports®, Inclusive Youth Leadership and Whole School Engagement activities that help engage the entire school community. You can contact me at: mjh@sonh.org or 603-767-7833.