



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.
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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.
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3. Club Announcements & Updates (5 minutes)

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



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.