

Stay Informed

Stay Positive

Stay Active

Stay Connected

IMG

PDF

Videos

Gov't

		How to Stay Safe (PDF)	Wash Your Hands (YT)	Changes to Eligible Expenses under the Passport Program	Rick Hansen Foundation Resources	What is the Coronavirus? (PPT)	Special Olympics Canada COVID-19 Update (SOC)
WHO: How to wear a medical face mask (IMG)	What to do if you get sick (PDF)	COVID-19 Questions and Answers (YT)	Resources for ODSP Recipients				
How to do Physical Distancing (IMG)	Practicing Physical Distance (PDF)	COVID-19 Q&A with Dr. Arnav Agarwal (FB)	Social and Emotional Support Options for Students				

Sign-In

PDF

Videos

How to Journal for Athletes (SOO)	Strong Minds Activity Guide (PDF)	Reflect (Non-link)	Take Breaks from Screen Time (link to colouring pages)	Mindful Eating & Self-Kindness (FB)	SOO Healthy At Home Daily Planner (doc download)	Read (CID Australia)	Complete our Weekly Wellness Challenge	Touch Base with Teammates (IMG)
8 Things That Make Us Happy (SOO)	Stay Active! (PDF)	Take Photos (Non-link)		Wellness Wednesday with Allison Gaudet (FB)				
How to Manage Stress (SOO)	Stay Positive Worksheet (PDF)	Connect on Facebook! (Non-link)		Mindfulness: Our body and mind (FB)				
How To Practice Self-Care (SOO)	Have Fun! (PDF)							
Ways to Practice Mindfulness (SOO)	Stay Positive Tips (PDF)							
SOC Web Reporting Tool (SOC)	Bell Let's Talk Week (PDF)							
	Stay Connected! (PDF)							
	Focus on the Good! (PDF)							

Sign-In

Sub-categories

Mindful Eating Resource (SOO)	Athlete Recipes [various] (FB)	SO Quebec Yoga Cards (links to thumbnails)	Video Library (category page)	Fit5	Complete our Weekly Wellness Challenge (PDF)	SO Quebec Bilingual Youth Fitness Playlist (YT)	Mindfulness Monday Series (ended event)	School of Strength (SO)
Hydration Resource (SOO)		SO Quebec Fitness Cards (links to thumbnails)	Fitness (category page)		Stay Active! (PDF)			
SOC Web Reporting Tool (SOC)			Virtual Summer Practices (category page)		SOI School of Strength Caregiver Kit (PDF)			
			Yoga (category page)					
			Dance (category page)					
			Cooking (category page)					
			Young Athletes (category page)					
			Chair Exercises (category page)					

Let's Chat (form)	SOC Web Reporting Tool (SOC)	From the Stands: Episodes (FB)	Share Photos on Social Media (non-link)	Online Video Chat with your Team (Google)	Stay Connected! (PDF)	Share your Workout Routine (Stay Active)	Touch Base with Teammates (IMG)
		International Dance Day Party (FB)	Connect on Facebook (non-link)		Stay In, Stay Well (PDF)		
			Share Your Favourite Dancing Song (non-link)		Complete our Weekly Wellness Challenge (PDF)		
			Create Posts About Staying Active (non-link)				