Special Olympics
Newfoundland and Labrador

Today we are sharing an idea for #SOSelfieSunday, take a little time for YOURself. This idea comes from our very own Special Olympic Athlete @Heather Miller

Today, I made a bored jar.... It contains things I can choose to do each day.

You can make one too. You need a jar, some pieces of paper and a pen. Write down some things you can do on the piece of paper, fold them, put them in the jar. Each day pick one piece of paper and do what it says. Here are some suggestions for your bored jar, you can also add your own.

Bake cookies

Take a walk outdoors or play a walk video

Play a virtual game with friends

Clean your room

Organize your games

Set the table for dinner

Make a video and share with friends

Make energy bites

unload the dishwasher

bake a cake

coloring

Paint a picture

make a treasure map

make a scrapbook

make friendship braceletts

Watch a movie

look up places around the world

make paper airplanes

Learn the keyboard to speed up typing

Learn to play a new game like chess

Play I spy with friends on skype

Learn a new dance

Hula hooping

Skipping

#SOSelfieSunday #Wellness