

# 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 Fitness Star, Fit 5 and School of Strength.



## STRATEGY 3: ENJOY FUN INDOOR ACTIVITIES

Play and learn with your sibling indoors. Receive puzzles through the mail from SOSD. 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 your SO friends every Wednesday through zoom calls.



## STRATEGY 5: REMIND 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 provided in your Stay Healthy @ Home to tend to your emotional health.