

# Grades K-2 **April** Sport of the Month

**Special Olympics**



**golf**

Golf is one of the oldest sports in the world—it was originally played by Scottish kings and noblemen. Unlike most sports, you do not have to be big, strong, or fast to play golf, nor do you need to be a member of a team. Each stroke motivates the individual golfer to continue in pursuit of better shots and lower scores. Currently there are approximately 8,000 Special Olympics golfers participating in 14 nations.

Dear Family,

April means spring, and spring means a renewed energy and spirit. With this in mind, we are taking this opportunity to better understand the idea of encouragement. Just as the spring sunshine encourages us to get outside, our family, friends, and classmates encourage us to do our best and stay positive, even when things are difficult.

This month we'll discuss how Special Olympics athletes find encouragement from their family, coaches, teammates, and fans. Then we'll also discover words we can use to encourage each other. Our goal is to put this all together and make it a part of our everyday lives.

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teacher signature

## This month's theme: **encouragement**

We'll start off the month reading a story about a brother and sister who play soccer together. The brother has intellectual disabilities and the sister does not. We'll discuss how the siblings, teammates, coach, and fans encourage the players. We'll discuss how encouragement makes us feel and how it impacts an athlete's performance. Then we'll see what we can do to encourage each other every day and how we can encourage Special Olympics athletes.

Finally, we'll study the Golden Rule—*Treat others as you would want to be treated*. This is an important rule in our classroom, on our playgrounds, and in our lives outside school. Students will see that if they want others to encourage them, they can start the trend by encouraging others!



## What you can do:



Not everything in life is easy. But with encouraging words, even the most difficult tasks seem a bit more doable. Take a few minutes out for family fun—and to practice using words of encouragement—with a round of Living Room Goofy Golf. Gather a few plastic cups of varying sizes; a golf ball, Ping-Pong ball, or wad of paper; and a golf club or yardstick. Have one family member put two different-sized cups behind his back, holding one in his left hand and the other in his right. The first golfer picks a hand, left or right, and then takes a turn to try to hit the ball into the cup. Alternate until each player has had several turns. As you play, words of encouragement are the rule.