Special Olympics Arkansas
Turns 50
Birthday Party Package!

No matter where you may be; school, home, or work we encourage you to choose some ideas from our party package and celebrate with us on September 16th!

Let us know how you are celebrating and you might just be a feature in our newsletter or social media!

The Party Package has ideas to celebrate with a traditional party, celebrate through sport, and engage in our history!

Do you have your own ideas? That is great! Let’s Celebrate!

Party it up! (Ideas)

- Get a birthday cake
- Sing Happy Birthday to SOAR
- Decorate!
- Encourage Law Enforcement School Resource Officers or other Officers from your community to celebrate with a short Torch Run by the school/business
- Bake a cake using this recipe
- Make healthy snacks!
- Hold a banner contest
- Create a birthday card
- Engage Young athletes with a birthday coloring page
Celebrate the Joy of Sport

- Create a Birthday Warm up for practice using the birthday song
- Set a fitness/wellness goal to start
- Train for your favorite sport
- Choose a new sport to learn a new skill
- Choose Fitness exercises to do for 50 seconds (Here are some ideas)
- Stay active for 50 minutes with these fun activities

Engage in the History and Embrace the Future

- Talk about the history of Special Olympics International
- Highlight Special Olympics Arkansas history
- Discuss in a group the impact Special Olympics Arkansas has had on your team, family, group
- Engage everyone to tell their favorite memory
- Write a letter to our partners about how Special Olympics Arkansas has changed your community over the past 50 years
- Talk about what you would like to see in the next 50 years
- Share how you plan to contribute to the movement in the future
- Play our trivia game
- Read these books about acceptance

Purchase your Party shirt!

- Show support and visit the NEW SOAR STORE

Activate and Create Awareness

- Post on Facebook or Instagram and tag SOAR
  - Facebook: Special Olympics Arkansas
  - Find your Area page as well E.g. Special Olympics Arkansas Area 11
  - Instagram @Soarkansas
  - #SOARsees50
- Don’t have social media? Share your pictures and stories of the party with us camie@specialolympicsarkansas.org