

UNIFIED WEEK

2025



*Special
Olympics*
Montana



Special Olympics
**Unified Champion
Schools®**

WEEK AT A GLANCE



MON

MINDFUL MONDAY

Peace, Love, and Unified: Wear tie-dye or flower child attire

TUE

TAKES A TEAM TUESDAY

Rally up your team! Dress up as a squad or in group costume.

WED

WELLNESS WEDNESDAY

Healthy & Happy! Wear your favorite attire from ANY holiday.

THU

THOUGHTFUL THURSDAY

Destination Inclusion! Dress as a tourist for your inclusion adventure.

FRI

FEARLESS FRIDAY

Be fearless by dressing as tacky or as mixed up as possible!

MINDFUL MONDAY

ELEMENTARY

Book Lesson and Questions-

All My Stripes

Activities-

All My Stripes Deep Dive

Make Joy Happen

Post the Positive

Videos-

Communication

Why Be Kind?



SECONDARY

Brene' Brown-Empathy

Empathy

VIDEO FOR BOTH

National BFF Day

BE KIND
TO YOUR
MIND

TAKES A TEAM TUESDAY

ELEMENTARY

Book Lesson and Questions-
Up The Creek

Activities-

Up the Creek Wild Moose Chase
Brainstorm Solutions

Up the Creek Build a Boat

Videos-

Emperor's Groove: Teamwork
Conflict Management



SECONDARY

Penguins

Power of Teamwork

VIDEO FOR BOTH

Teamwork By The
Penguins



WELLNESS WEDNESDAY



ELEMENTARY

Book Lesson and Questions-
Recess Queen

Activities-

Character Traits

Readers Theatre

Recess Queen STEM

Videos-

Healthy Relationships

Brain Anxiety

SECONDARY

Growth Mindset – Michael
Jordan

Exercise & Brain

VIDEOS FOR BOTH

Inside Out Feelings
Game



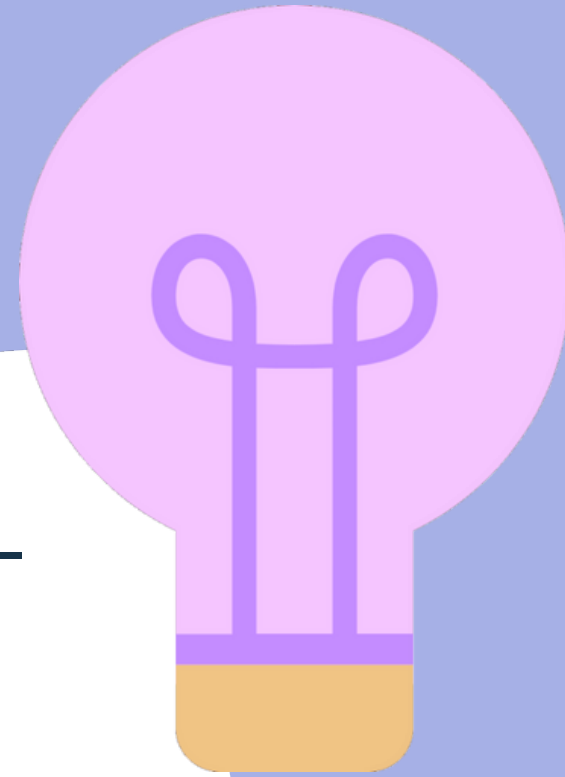
THOUGHTFUL THURSDAY

ELEMENTARY

Book Lesson and Questions-
The Power of One

Activities-
It Takes One to Be One
On the Lookout

Video-
Grounding.



SECONDARY

Diana's Story

Andre Drummond

VIDEOS FOR BOTH

Kindness



FEARLESS FRIDAY

ELEMENTARY

Book Lesson and Questions-
The Perfect Square

Activities-

Resilience and Strength

Recreate Yourself

The Perfect Square Game

Video-

Courage

VIDEOS FOR BOTH

Nothing Kate Can't Do

Evan and Jay

VIDEOS FOR BOTH

Kid President



For more information or to request resources to support your Inclusion activities or book sets, please reach out to Teresa Rainforth at trainforth@somt.org.

Special thanks to SO-SC for generously sharing resources & collaboration!