

Day 1

Let the Days Begin!

Act of Kindness

Smile and say hi to someone.

Day 2

Holiday Caroling

Act of Kindness

Help a friend in need,

Day 3

Virtual Dance

Act of Kindness

Reach out to someone who is going through a difficult time.

Day 4

Gingerbread House Decorating

Act of Kindness

Write someone a thank you note.

Day 5

12 Days of SOIA Workout

Act of Kindness

Give someone a compliment.

Day 6

Light Show & Holiday Traditions

Act of Kindness

Pay for someone else.

Day 7

Healthy Living with
Iowa Total Care and Doc the Dog

Act of Kindness

Cheer a friend or teammate on.

Day 8

Do You Want to Build a Snowman?

Act of Kindness

Open the door for someone.

Day 9

Scavenger Hunt hosted by University of Iowa's Therapeutic Recreation Program

Act of Kindness

Send a letter of encouragement.

Day 10

Special Olympics in the Kitchen

Act of Kindness

Pick up a piece of litter in your neighborhood and throw it out.

Day 11

YAPpy Hour

Act of Kindness

Be nice to yourself.

Day 12

12 Days of SOIA Competition Results Show

Act of Kindness

Help a family member.

How to Make Your 12 Days of Special Olympics Iowa Paper Chain

1. Decorate your paper.
2. Cut your paper into strips by cutting on the dotted line.
3. Make your first link by curving the paper around so the ends of the strip meet.
4. Then use glue or tape to keep the ends of the strip together.
5. Take another paper strip and stick it through the first link as you curve the paper so both ends of the strip meet.
6. Once again use glue or tape to keep the ends of your strip together.
7. Repeat steps 5 and 6 until all strips are used and you have a created a chain.

