# **ECC @ Home: May Challenge Activities**

Student Activities:

* Practice/get feedback on a motor skill you need to improve on
* Create a list of new hobbies/skills that you want to try: Bonus- try one!
* Join/volunteer for a club or sport at school.
* Learn a new dance move or line dance and send us a video!
* Complete a 15 minute exercise routine
* Attend a school or sporting event with friends- explain how to make it inclusive to them
* Create or adapt a game you can play with friends
* Create a health and fitness goal- track you progress in an app.

Family Concept Practice:

* Have a family craft night- make it accessible!
* Take a family hike!
* Try to learn a yoga post- send a family pic in the pose!
* Watch a movie-evaluate the auditory descriptions
* Go to a playground or make a new family dance move- take video!
* Set a family fitness goal, see who achieves it first!
* Teach your child how to apply sunblock before playing outdoors.
* Play an adapted card game.

Family Only Activities:

* [Attend the MSB End of School Family Picnic 5/31/25 11am](https://forms.office.com/r/uDAi2yv067)
* Use a recreation item from [MDTAP](https://sites.google.com/site/mdtapatinventory/browse-our-inventory/recreation) & send us a pic!
* Play Jenga blindfolded.
* Listen to an entire O’s game on the radio.

Resource Links (do not count as entries if completed):

* Watch the Moment of Outreach Video:[Rec & Leisure](https://www.youtube.com/watch?v=W5RSeNpksL8)
* Email: OutreachECC@mdschblind.org for help!

### **DETAILS:**

Submission Deadline For May: Jun 3, 2025

Prize Drawing: $50 Orioles/MLB Gift Card

Questions or Support Needed? OutreachECC@mdschblind.org