

Blue Sky Behavioral September 2021
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Blue Sky News



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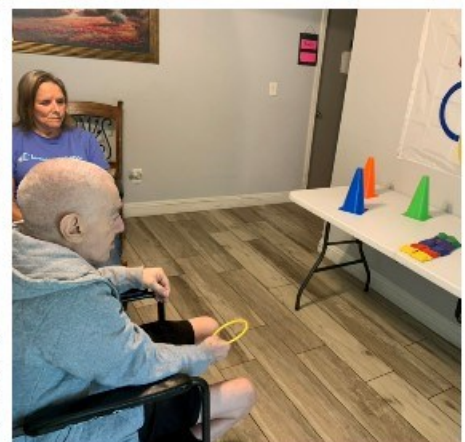
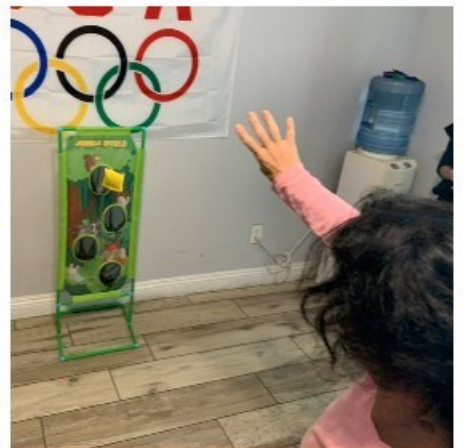
August News

The Olympics were fun to watch and inspired us to have our own Blue Sky Olympics with ring toss and bean bag toss. It is amazing how watching those athletes make you feel like doing your best or trying something new. We learned new games, did crafts and celebrated our August Birthdays as well.

This month we learned a lot of new skills, games, fun facts, but really focused on learning coping skills and using positive self talk and coping skills. More details on the last page under groups.

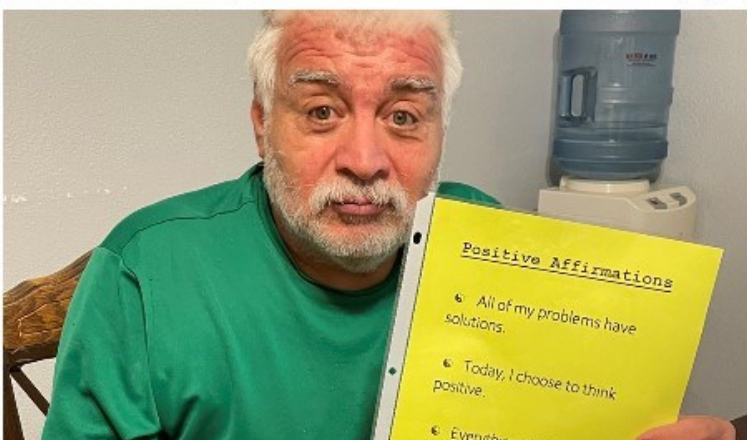
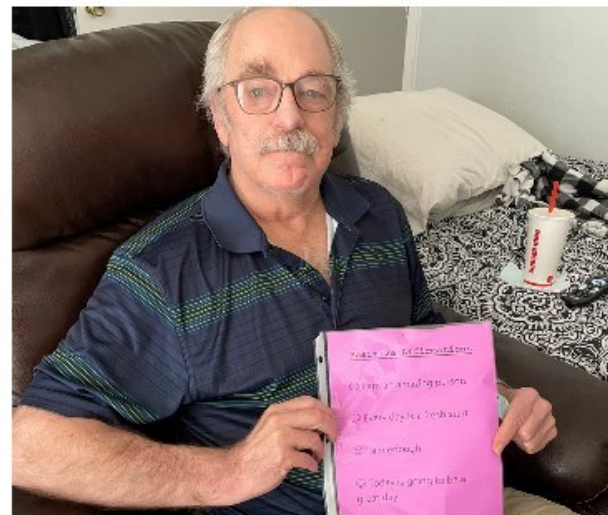
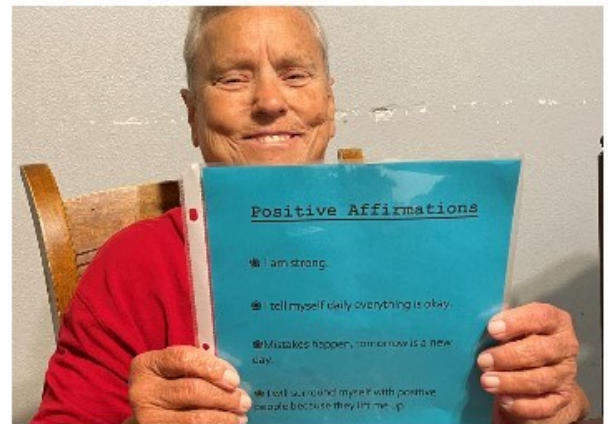
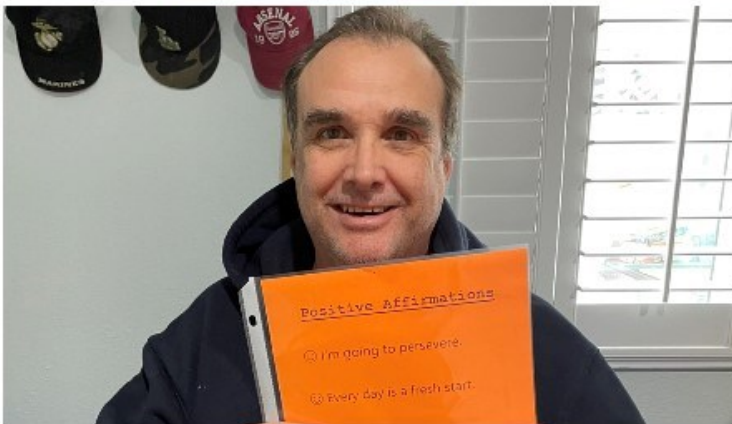


Blue Sky Olympics



Craft Project





HAPPY BIRTHDAY



GROUPS

Last month we focused on coping skills, what they are and how to use them. We learned about positive self talk and typed up Positive affirmations. We also discussed problem solving and how to use this as a coping skill.

We had learning activities about Nelson Mandela and Harry Houdini and learned a bit about their lives. We also learned about the Olympics and Paralympics and how they got started. The residents learned about The Quagga Project which is an attempt by a group in South Africa to use selective breeding to achieve a breeding lineage of Burchell's zebra which visually resemble the extinct quagga.

As usual we made sure we get our exercise and went for morning walks, watched Olympics and had our own Blue Sky Olympics. We had a craft making a cloud and raindrops as we learned about hurricanes.

We learned some new games, Mancala, Yeti in my Spaghetti, and a riddle game called "What am I?" The residents enjoyed a couple new movies, "Jungle Cruise," and "Black Widow." Lots of fun and learning!



NAME: _____ DATE: _____

OLYMPICS

Question: What do you already know about the Olympics?

- Read the article below and then answer the questions.

A Short History of the Olympics



Athletes competed in the first Olympic Games in Greece almost three thousand years ago in 776 BC. Every four years, people from Greek city-states (and later the Roman empire) traveled to a place called Olympia to watch the games, which continued until 393 AD. They lasted from between one and five days, and only men were allowed to compete in the games. Many of the sports events were similar to those found in today's modern games where athletes run, jump and throw.

The modern Olympic Games began with the creation of the International Olympic Committee (the IOC) in 1894 and Greece was the first country to hold the games, in the city of Athens, in 1896. Fourteen countries with 241 athletes competed in forty-three events. Although some people wanted to have the games in Athens every four years, the IOC decided to have them in different countries and cities. In 1900, they were held in Paris and women were allowed to compete in the games for the first time. The first Winter Olympic Games were held in 1924 and athletes competed in events such as skating and ice hockey. Over 200 countries now compete in the Summer Olympic Games. The number of events has increased to 300 events and instead of five days of competition, the games now last for seventeen days.

There are some problems, however. There were no Olympic games held in 1916, 1940 and 1944 because of war. Also, some athletes use drugs to help them win. In addition, the games are very expensive. The 2014 Winter Games in Sochi, for example, cost \$US50 billion. Nevertheless, the Olympic Games continue to be extremely popular all over the world.

