

## Special Friends

One powerful way to teach empathy is by connecting your students with people who are different than they are. In this project, students form bonds with Special Olympians as they train for their next big event. They learn exercise physiology, healthy lifestyle practices, and perseverance as they prepare to do whatever it takes to meet the needs of their special friends as they prepare for their big event.

When the project reaches its conclusion, students are right there alongside their favorite Special Olympians supporting each other and striving for the gold.



For more project ideas, go to  
**BlueAppleTeacher.org**

