



SOCCER FOR SUCCESS AT HOME

While we're social distancing, let's continue to connect with each other and stay active. We've created activities and gathered tools from trusted sources to help you incorporate the five components of *Soccer for Success* into your at-home routine.

Volume 7

PHYSICAL ACTIVITY

[Join us for an at-home soccer activity!](#)

Coach Mike and Coach Jess are back with a fun lesson on striking the ball with the laces while highlighting the nutritional benefits of grains! This *Soccer for Success* at Home session is appropriate for all ages and requires little space.

Watch in [English](#) or [Spanish](#)!

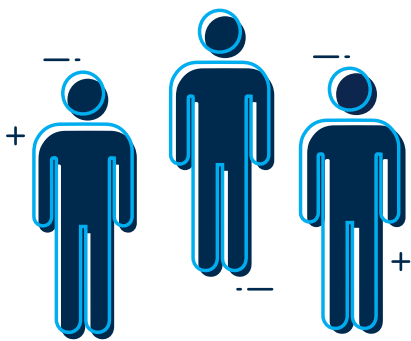


HEALTH & WELLNESS

May is Mental Health Awareness Month, an especially important time to find accessible ways to take care of our mental health needs. National Alliance on Mental Illness released the [NAMI COVID-19 Resource and Information Guide](#) with answers to FAQs on a variety of topics, including managing anxiety and accessing mental health care and medications during social isolation.

MENTORSHIP

Goal setting is a great way to provide both adults and young people with structure and motivation. Often, the hardest part of that process is holding ourselves accountable. Providence Health and Services shared [this resource](#) with our partner, Active Children Portland, to help you outline your wellness goals and track your progress toward achieving them.



COMMUNITY ENGAGEMENT

One effect of collective anxiety during a pandemic is increased bias and discrimination against different groups. Recognizing and addressing this social stigma is important to making communities resilient. UNICEF has created a [powerful guide](#) to help you and your family support your neighbors during this time.

SAFE SPACES

Sleep plays an essential role in boosting our immune systems and mental well-being. That's why it's important to create a safe space for sleep away from distractions in order to maintain a healthy and consistent routine. Looking for a place to start? Try out Alliance for a Healthier Generation's [sleep week journal](#).



Tag the U.S. Soccer Foundation and use the hashtag #SoccerForSuccessAtHome to show us how you are staying active at home, and you may be featured on our social media channels!



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For more *Soccer for Success* at Home resources, visit soccerforsuccess.org/athome.