

LITTLE
BIG
LESSONS

Rick Hansen
Foundation 
School Program

PRESENTED BY



FUTURE PROSPECTS

Scotiabank®

INSPIRING FRIENDS AND FAMILY

RECOMMENDED FOR GRADES 4–8

INSPIRING FRIENDS AND FAMILY

Inspiring and helping others is one small but important way to make a difference.

Do you know about Terry Fox? Have you participated in the Terry Fox Run?

Terry Fox famously ran the Marathon of Hope to raise money for cancer research. Terry's legacy inspires others to make a difference, and each year Terry Fox Runs across Canada continue to raise money for cancer research.

Did you know Rick Hansen was friends with Terry Fox?

Rick invited Terry to play wheelchair basketball with him after Terry underwent chemotherapy treatment.

Read the [Story of Rick Hansen and Terry Fox](#) (at the end of this activity) and learn how Terry and Rick met, trained together, and inspired one another. Think about the positive impact of friendship. Then, answer the following questions:

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Do you think Terry and Rick would have given each other a Difference Maker medal? Why?

Did you give a Difference Maker medal to a friend (as part of Activity 1)? How do your friends make a difference in your life? Do you make a difference in theirs?

LITTLE BIG LESSONS

How are friends Difference Makers in our lives?

Friends can be Difference Makers by listening to you, comforting you, sharing with you, making you feel included, making you laugh, inspiring and encouraging you to do your best, and helping you with things that are difficult.

You can be a Difference Maker by helping others, whether that means being a good friend, a good teammate, a helpful hand around your home, or someone who takes initiative.

Taking initiative means making the decision to help yourself or somebody else without being asked. A Difference Maker is very interested in taking initiative in order to help others.



DIFFERENCE MAKER MISSION 2

Help as many people as you can!

Think of ways you already help others and ways you could help others even more this week. Record how many people you help this week below.

Example:

I can help my family this week by...

- Washing dishes after dinner
- Asking my little brother to play
- Tidying my bedroom

I can help my family this week by...

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I can help my friends or my community this week by...

The total number of people I helped this week was...

Helping others makes me feel...

Why stop now?

**Keep on helping out and inspiring others to be
Difference Makers!**

STORY OF RICK HANSEN AND TERRY FOX

Rick met Terry Fox after Terry had lost his leg to cancer. Terry was undergoing chemotherapy after leaving the hospital. Rick had heard that Terry might be interested in playing wheelchair basketball, so he gave him a call inviting Terry to play with his wheelchair basketball team.

Rick thought Terry was a great guy, with plenty of courage. When Terry first started playing wheelchair basketball, he wasn't all that good at it; but the spark of determination in his eye was an indication of the effort he would make to become a terrific player.

Rick and Terry were teammates and friends, travelling together for wheelchair basketball tournaments and marathons. They also trained together to improve their skills and stamina.

Rick recalls: It wasn't enough for Terry to wait for the two or three practices a week to improve his wheelchair basketball skills. He

would take the initiative by doing extra training. And he would also demonstrate leadership by calling a number of the guys on the team and encouraging them to come out to the gym to practice or scrimmage. And then sometimes both of us would even wheel up Gaglardi Way (a road up a big mountain leading to the Simon Fraser University campus) to increase our strength!

LITTLE BIG LESSONS

Rick and Terry both received amazing support from friends, family and mentors. Through this support, they were able to recognize that they had bright futures and could achieve their goals. They also realized how important it is to give back and work hard to make a difference in the lives of others.

Terry saw the pain and suffering of others affected by cancer, and decided to use his passion for sport to give back. In 1980, Terry embarked on the Marathon of Hope, running across Canada to raise money for cancer research. His goal was to raise \$24 million dollars; one dollar for every person in Canada. Although his cancer didn't allow him to complete the Marathon, he was successful in reaching his goal.

Terry inspired people to see his ability instead of his disability; and in the process he raised millions of dollars for cancer research. Terry's legacy continues to inspire, and through the annual Terry Fox Run, thousands of Canadians raise money each year for cancer research in his honour.

Rick travelled around the world competing in international wheelchair marathon competitions. He realized that the barriers people with disabilities faced existed everywhere, and wanted to change that.

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Rick was inspired by his friend Terry, and started to believe that maybe his dream could become a reality too. He wanted to make a difference by focusing his talents and passions to raise awareness of the potential of people with disabilities and money to improve their quality of life by supporting things such as research, rehabilitation and wheelchair sports. In 1986, Rick set out on the Man In Motion World Tour, wheeling around the world and raising over \$26 million for spinal cord injury research. The tour also heightened worldwide awareness of the potential of people with disabilities. Rick continues to raise funds and awareness to make the world a healthier, more inclusive place.

Terry and Rick are Difference Makers. They remind us that one person can make a difference, so we need to dig deep, try hard, and reach for our dreams.

For weekly lessons delivered straight to your inbox, go to RickHansen.com/LittleBigLessons and click on Sign Up.

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