

LITTLE
BIG
LESSONS

Rick Hansen
Foundation 
School Program

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FUTURE PROSPECTS

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TWO ACTIVITIES FOR DIFFERENT ABILITIES

RECOMMENDED FOR GRADES 4–8

Below are two activities that you can try in order to experience what it might be like to have different types of disabilities.

Activity 1: Art Challenge (Physical Disabilities)

EQUIPMENT

- Large sheets of paper
- Markers or pencil crayons, etc.
- Thick socks, tape (to simulate various physical disabilities)

ACTIVITY

1. Put a large sheet of paper on a wall, floor or tables so that the top section is out of reach of someone sitting in a chair, and the bottom section requires someone to bend over to reach.
2. Create a poster that shows how you are being a Difference Maker in your family.
3. Choose one or try more than one of the following challenges to create your poster:
 - Can only use left arm (if right-handed)
 - Has two pairs of thick socks over hands
 - Has thumbs taped against hand
 - Cannot use arms or legs (must paint with mouth)
 - Cannot use arms (must hold paintbrush with foot)

REFLECTION

- What was challenging about this activity?

- What was easy?

- How could we help others to take part in this activity?



REMEMBER:
Sometimes people with disabilities might have difficulty completing certain activities, but that doesn't mean they can't do other activities or the same activities in their own unique way. There are ways to overcome those challenges, and we can all help each other.

Activity 2: Dance Routine (Hearing Disabilities)

ACTIVITY

Can you create your own dance routine without using music or speaking?

Practice this sample dance routine. Remember: no music and no speaking.

- Put your hands on your hips.
- Wiggle your hips.
- Raise right arm, then left arm, forming a V. Hold the pose for five seconds.
- Spin around twice to the right.
- Jump. Count to two in your head. Jump again.
- Clap your hands three times.

REFLECTION

- Did you feel like you were dancing? If not, why not? What made it hard?

- It can be hard to dance when you have no music to help you keep time—you must imagine the music. How could we help others to take part in this activity?



DID YOU KNOW?

People who are Deaf do like dancing. They can sometimes feel some vibrations and take their cues from other dancers. They can develop rhythm and movement without music because dancing is a form of expression and doesn't necessarily require music.

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