

LITTLE  
**BIG**  
LESSONS

Rick Hansen  
Foundation   
School Program

PRESENTED BY



FUTURE  PROSPECTS

Scotiabank®

# Rick Hansen

## 'The boy who loved to move'



*Written by: Monica Lee & Erin Hodder*

*Illustrated by: Tracey Hayes*

**RECOMMENDED FOR GRADES K-2**

# LITTLE **BIG** LESSONS

## Unit Overview

“The Boy who Loved to Move” book will be used as a tool to inspire students in grades K -2 to be difference makers.

You will need to print student handouts for pages 5-12.

## Unit Inquiry

- What connections do I have with Rick Hansen?
- What can I do to help someone in need?
- What can I do to help make society a better place for people with disabilities?

### Core Competencies Addressed in this Unit

**Communication:**

Communicating & collaborating

**Thinking:**

Critical and Reflective Thinking / Creative Thinking

**Personal & Social:**

Personal Awareness and Responsibility/ Social Awareness and Responsibility

# LITTLE **BIG** LESSONS

## **Goals**

During the course of the unit, the students will be able to:

- share ideas, information, personal feelings and knowledge with others.
- work respectfully and constructively with others to achieve common goals.
- recognize the importance of positive relationships in their lives.
- engage actively as listeners, viewers and readers, as appropriate, to develop understanding of self, identity, and community.
- use personal experience and knowledge to connect to stories and other texts to make meaning.
- express feelings, ideas, stories, observations, and experiences through the arts.

## **Student Assessment**

Through self-reflection, the students can make statements like:

- I can connect with Rick Hansen.
- I can help someone in need.
- I can be a difference maker just like Rick Hansen in my community.

# LITTLE BIG LESSONS

## Unit Lesson 1 Overview: Introducing Rick Hansen

- Complete a K/W/L chart to get a general sense of what the students know about Rick.
- Read book or show E-audio videobook clip. <https://www.youtube.com/watch?v=G4RuVRNXdQU>

- Q: What did Rick love to do before the car accident?
- Q: What do you love to do?

(Get students to draw what they love to do on a sheet of paper and if possible have them label and write a sentence to accompany their picture.)

## Unit Lesson 2 Overview: Helping Others with a Positive Mindset

- Recap that Rick had to go to the hospital to get better after he was involved with the accident.
- Q: Who remembers what happened to Rick after the accident? Where did he go? How did he feel when the doctor told him that he wouldn't be able to move his legs again? What were his thoughts?
- Q: Is there a time when someone you knew got hurt and went to the hospital? What was that like? What did you say or do for that person?

**Activity:** "I Can" and "I Can't" Statements sort

Role Play different situations.( i.e: student getting stuck on a math question and needing encouragement)

*Relay races:* on one foot, 3–legged race

Doctor Tag

## Unit Lesson 3 & 4 Overview: Inspiring Others

- Ask what Rick's goal was and what he did to make it happen.
- Brainstorm the different types of disabilities and what students can do if a classmate has a disability to make them feel included.
- Students can choose a format that works for them to demonstrate knowledge.

## Lesson 1

Lesson 1: Exploring what you know about Rick Hansen

Complete the boxes.

<p>What do you already know about Rick Hansen?</p>	<p>What would you like to know about Rick Hansen?</p>	<p>What do you think the book will be about based on what you see on the pictures?  I think it will be about....</p>

Lesson 1: Connecting to Rick's experiences

Rick loved to fish with his dad. What do you love to do?

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**Lesson 2**

Student handout

Lesson 2: Having a positive mindset (Changing “I can’t” to “I can”)

Cut out the statements and glue them in the right columns

**I CAN'T**

**I CAN**

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(Print on different coloured paper)

I can't do this.

I can help.

This is possible.

People won't listen to me.

I can't help with anything.

I can do this.

People will listen to me.

I can't change anything.

Anything can be changed.

I will try.

I give up.

This is impossible.

I can't learn anything.

I can learn anything.

I am in charge  
of my decisions.

I am not in charge  
of my life.

Everything is impossible.

Anything is possible.



## Lesson 3

Lesson 3: Who is my hero?

Draw who makes you feel better when you are feeling sad or upset about something.

A large, empty rectangular box with a thin black border, intended for a student to draw a hero who makes them feel better when sad or upset.


## Lesson 4

(can be done as stations or as a classroom activity)

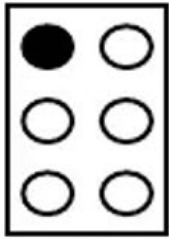
Lesson 4: I can be a difference maker.

**Station/Activity 1:** Make a poster help other people to accept others who are blind, visually impaired, deaf, hard of hearing or have a mobility impairment like Rick.

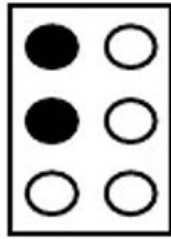
**Station/Activity 2:** Make a diorama or draw a picture (your choice) of a place that makes it easy for people with disabilities to move around.



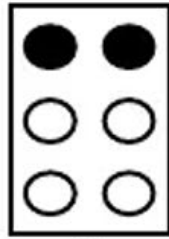
**Station/Activity 3: Braille Letters**



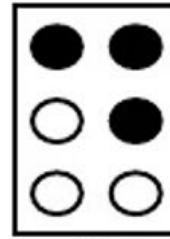
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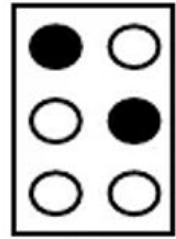
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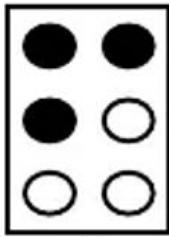
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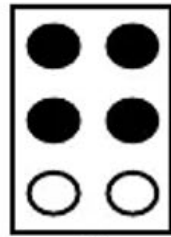
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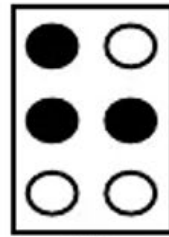
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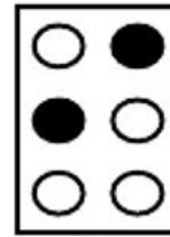
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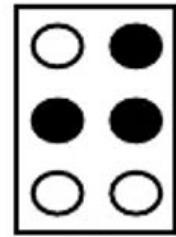
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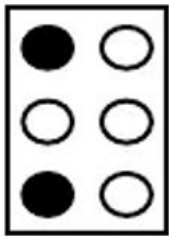
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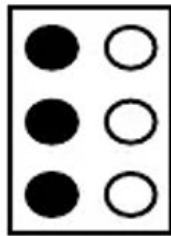
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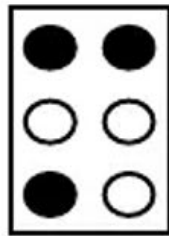
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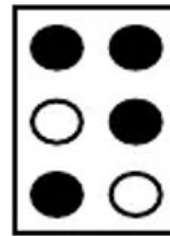
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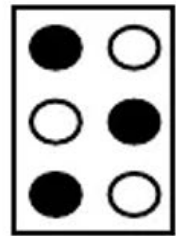
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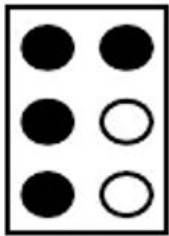
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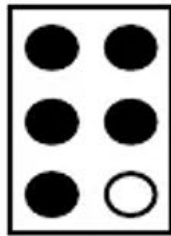
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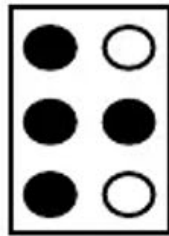
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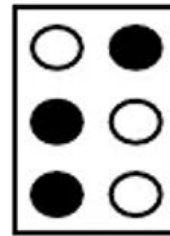
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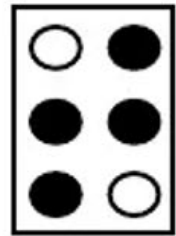
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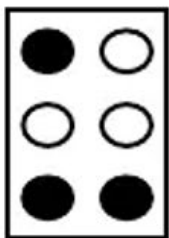
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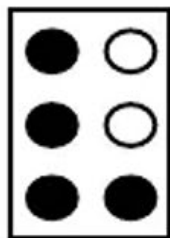
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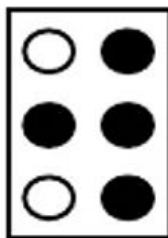
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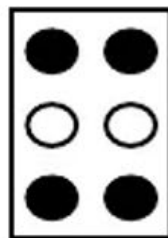
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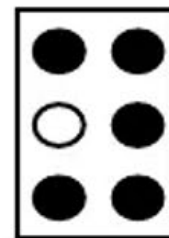
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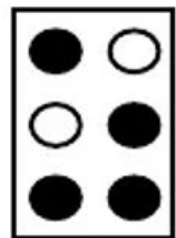
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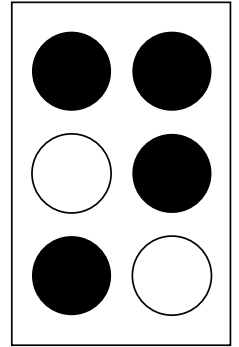
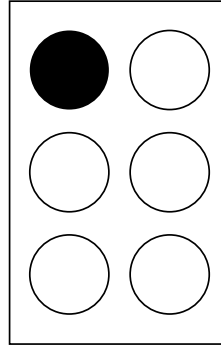
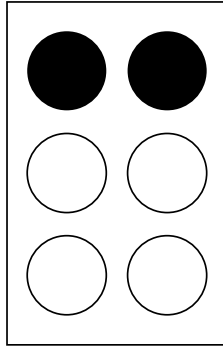
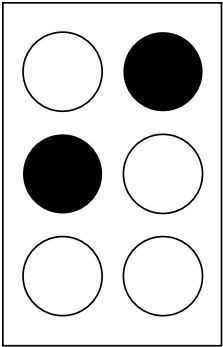
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# LITTLE BIG LESSONS

## Lesson 4

Student handout

Decode the following to figure out what the secret message is.

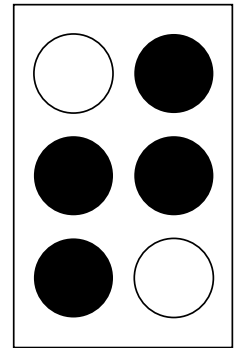
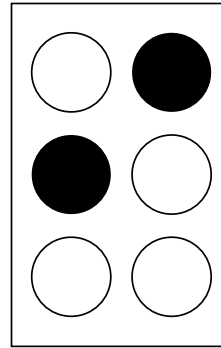
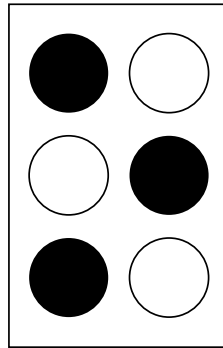
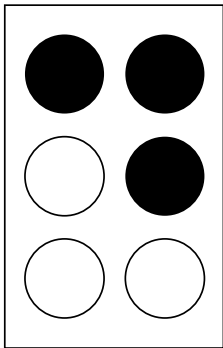


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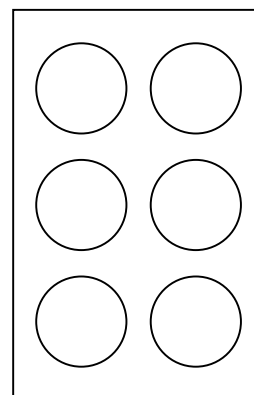
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### Extension Activity

Braille: Take a look at the braille alphabet card (page 11).

Create braille letters using bingo chips on the following card and record it on your own piece of paper.



Thank you for using The Boy who Loved to Move unit plan! Our free resources help educate youth about accessibility, inclusion, and the potential of people with disabilities. These lessons and activities empower youth to become leaders and a new generation of accessibility champions.

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## Find out more about ...

### Little Big Lessons (all grades)

Try out our interactive online activities for your in-class or at-home learning environment. Explore and download these resources for kindergarten to grade 12. [rickhansen.com/little-big-lessons](http://rickhansen.com/little-big-lessons)

### RHF Ambassadors (all grades)

RHF Ambassadors help create meaningful dialogue about disability, accessibility, and inclusion by providing free presentations from a diverse group of people with mobility, vision, and hearing disabilities to schools and communities across Canada. [rickhansen.com/ambassadors](http://rickhansen.com/ambassadors)

### Abilities in Motion (Grades K-8)

This toolkit increases awareness about the importance of accessibility and inclusion while changing attitudes about the potential of people with disabilities. Have your students try this fun and effective tool to develop communication, teamwork, mentoring, and creative thinking skills, and foster an understanding of social responsibility. [rickhansen.com/AIM-K-8](http://rickhansen.com/AIM-K-8)

### Difference Maker (Grades K-8)

This toolkit introduces the idea that anyone can accomplish extraordinary things simply by thinking and acting beyond his or her own interests, and ends in an optional award ceremony recognizing students for making a difference in their school or local community. These four lessons can be taught over a week, a month or a term and is easily incorporated into existing curriculum. [rickhansen.com/DM-K-8](http://rickhansen.com/DM-K-8)

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