

PHYSICAL ACTIVITY

This book lends itself to a multitude of physical activity options. Children could spend part of their day experiencing some of the disabilities mentioned in the book and then record the challenges they faced that they were not expecting. Cards have been provided below to allow children to be chosen at random to experience the disabilities.

- **Wheelchair** - Sit in a wheelchair especially during playtime or sport
- **Deaf** - Wear noise cancelling headphones
- **Blind** - Wear a blindfold
- **Dwarfism** - Use a helping hand / grabber to reach things.
- **One Arm** - Place one arm in a sling as if it is broken.
- **Autism** - Wear non-noise cancelling but reduction headphones

Is developing personal and social skills to interact positively with others.



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WHEEL CHAIR



DEAF



BLIND



DWARFISM



ONE ARM



AUTISM

