

DISABILITY 101

-How to better understand my friends with different needs-





LET'S TALK ABOUT IT!

What is a Disability?
(Something that makes a person unable to do certain things that most people can do)

THERE ARE MANY DIFFERENT TYPES OF DISABILITIES INCLUDING:

- Autism
- ADHD
- Down Syndrome
- Learning Disabilities
- Blindness
- Hearing Loss
- And many more!



THERE ARE VISIBLE AND INVISIBLE TYPES OF DISABILITIES

WHAT ARE SOME TYPES OF EACH?
UNDERSTANDING DISABILITIES VIDEO



**some we
CAN see**



AND...



**some we CAN'T
see**



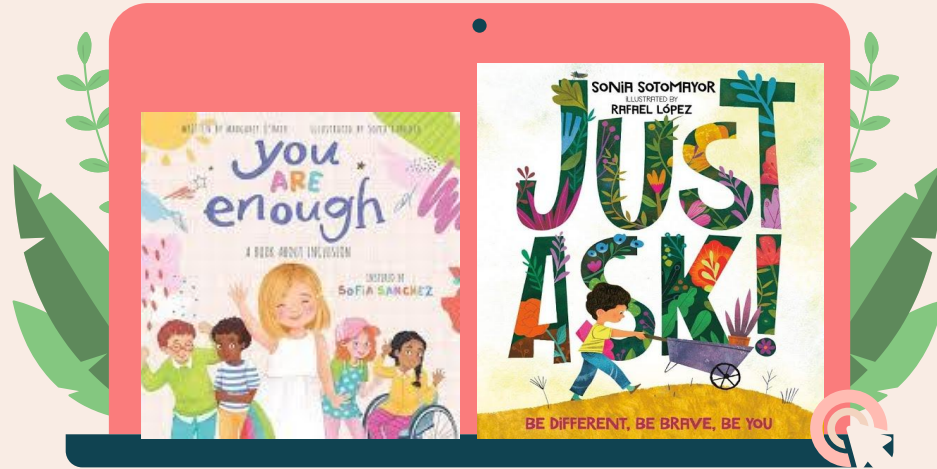
OUR FRIENDS WON'T ALWAYS
LOOK AND ACT LIKE US...

- WE HAVE DIFFERENT INTERESTS
- WE HAVE DIFFERENT ABILITIES

BUT EVEN THOUGH WE ARE
DIFFERENT ON THE OUTSIDE, WE
ARE ALL THE SAME ON THE INSIDE
AND WE ALL DESERVE TO BE
TREATED WITH RESPECT AND
KINDNESS!



BOOK/READ ALOUD



Feel free to use one or both with
your classes

ACCEPTANCE, FRIENDSHIP AND UNDERSTANDING:

**WITH OUR DIFFERENCES COME KNOWLEDGE! WE ARE
LUCKY TO KNOW SO MANY DIFFERENT FRIENDS BECAUSE
WE CAN LEARN SOMETHING FROM EACH AND EVERY ONE
OF THEM!**

**DIFFERENCES HELP US GROW AND LEARN AND MAKE
OUR CLASSROOM COMMUNITY SPECIAL!**

KNOWLEDGE
— IS —
POWER

Tips:

Use a normal tone of voice

-Don't be mean or talk down to

someone

Always ask before helping

-Don't just assume someone

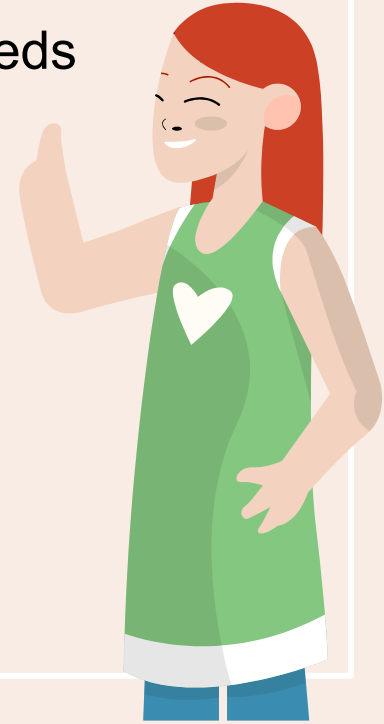
needs

help

Looking is okay but do not stare

Include everyone and invite friends to play

People with disabilities want to be treated like everyone else

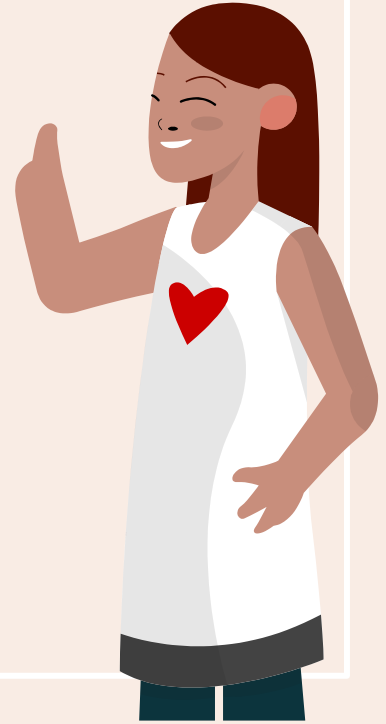




ACTIVITY OPTIONS:

I CAN BE KIND TO ALL PEOPLE BY....

DISABILITY COLORING PAGE



An illustration of a young girl with dark skin and black hair, wearing a white sleeveless top. She is holding a large, stylized globe of the Earth. The globe is partially covered by green leaves and a small green sprout. In the center of the globe, two hands are shown holding a red heart. The background is a light orange color with white plus signs in the corners.

TAKEAWAY

Bookmarks

- Can either print the already colored copies or can have the students color their own

HERE ARE SOME WAYS YOU CAN HELP SPREAD KINDNESS:



- Say “hi” or give a fist bump/high five. Make them feel seen and accepted
- Recognize that some friends think and learn differently and that’s okay!
- Include everyone