



SAN DIEGO UNIFIED SCHOOL DISTRICT

Take the Dis Out of ~~Dis~~ Ability

October is ~~Dis~~ Ability Awareness Month

Have you ever wondered what it's like to have a disability?

These are activities teachers can use with students to facilitate a keener understanding and sensitivity to individuals with disabilities.

Students...

- ❖ Assemble a jigsaw puzzle or tie shoelaces with only one hand.
- ❖ Write their name, geometric figures, or a paragraph using their non-dominant hand.
- ❖ Erase a whiteboard or place their homework in the basket while blindfolded.
- ❖ Participate in a scavenger hunt or take a survey throughout campus to find areas that are NOT accessible for individuals with disabilities.
- ❖ Sit in a chair in front of a drinking fountain and attempt to get a drink.
- ❖ Wear an old pair of eyeglasses covered with scotch tape and attempt to read, write or perform other tasks.
- ❖ Hold their tongue between two fingers and recite their name, address and telephone number.
- ❖ Take a spelling test of common words or make a picture while the teacher holds a piece of paper covering her mouth and turns her back.
- ❖ Read backwards after a mirror is placed in front of a page from a book.
- ❖ Play the game "Simon Says" with their head labeled "cat", waist labeled "dog", and feet labeled "fish" as the teacher continually speeds up the directions.

Special Education Programs Division