

ACTIVITY #5

WALK A MILE LIKE ME

Materials Needed:

- “It’s Hard Not To Stare”
- wheelchair, walker or cane
- large bands or cloths to tie knees
- timer

Instructions:

- Leave equipment out of sight.
- Ask for two volunteers. Have volunteers follow directions to walk through a maze of chairs, desks, boots, whatever is available, and end up bringing back something from a top shelf in the classroom. Time students.
- Ask for two more volunteers but this time have them use a walker or a cane, with legs tied together at the knees, or a wheelchair. Time students.

Discussion:

- Students will probably be having fun with this activity and you will need sensitivity to bring the conversation around to what it would feel like not to be able to use your legs to their full strength or ability all day long
- Put up chart paper with two columns
 - First column, brainstorm activities that students would find challenging in their school if they could not walk or run
 - Second column, talk about ways to “accommodate” or change the activities listed in first column so that the student could participate
- You may need to come up with the first several examples for the students to generate their ideas, i.e. Student in wheelchair could not go on large school bus for field trip, gym is in the basement and there is no elevator, etc.

Conclusion:

- Read “Its Hard Not To Stare” again.
- Stop at each page with a wheelchair, walker, scooter and ask students for ways that they could play/work with or help the person in the picture.