

I'M OK!

By Mark & Helen Johnson

CHALLENGE

Experience life 'in someone else's shoes' for a day. Choose a part of your body that you cannot use for the whole day – it could be a hand, an arm, tying two fingers together, your voice, or you might decide to go blindfolded with a helper. **Whatever you choose, decide upon the length of time you are going to keep it up and stick to it.**

TALK ABOUT

After completing your challenge, discuss how the day's disability made you feel. Were there things you needed others' help to do? Did your family look at you strangely? **Discuss how this might make you react differently to others** with disabilities in the future.

SHARE IT

Answer these questions about what makes you 'you', and **share them with your friends and family.** Ask them to answer the same questions. How varied are all the answers?

1. What's your favourite food?
2. How long is your middle finger?
3. Who is your favourite musician?
4. What's your favourite season?
5. What's the one hobby you couldn't give up?
6. Can you touch your nose with your tongue?
7. What are you most proud of yourself for?
8. What is the first thing you do after you've woken up in the morning?
9. What is your favourite subject at school?
10. What is your favourite song?

DID YOU KNOW?

Not only human beings, but also koalas have unique finger prints.

“YOU ARE YOU.
NOW, ISN'T THAT
PLEASANT?”
Dr. Seuss

Song taken from
Songs for Every Body
By Mark & Helen Johnson

