**Month: April**

**Theme:** Building Abilities: Lesson 13

**I. Objective of lesson**:

1. to teach that no matter your ability you have something to contribute

2. To teach people to respect different abilities

3. How to be a friend or support to people of all abilities

**II. Activities and Key learning points: Time: 30 mins**

Activities and Key learning points

Red team (Center based program)

1. Understand we are all different and have our own likes and dislikes. Watch a video <https://www.youtube.com/watch?v=bwW6mYdJ7Xc>
2. Get group into partners or small groups and pass an exercise ball around to one another point out the different ways someone passes the ball. There is no one way to way to do it.
3. If they throw it in a way the other person can catch or get to it express what they can do different.
4. You may need to use hand over hand, visual demonstrations, or verbal cues to help them
5. Verbal cues like- roll the ball slowly with your hands to Sarah.
6. Finish with creating a picture of who they are. Have words like strong, caring, fun etc that they can put on their picture that best describes them.
7. Put this in their binder

Blue team (Center/community based programs)

1. Understand we are all different and have our own likes and dislikes. Watch a video <https://www.youtube.com/watch?v=bwW6mYdJ7Xc>
2. Get group into partners or small groups and pass an exercise ball around to one another point out the different ways someone passes the ball. There is no one way to way to do it.
3. If they throw it in a way the other person can catch or get to it express what they can do different.
4. You may need to use hand over hand, visual demonstrations, or verbal cues to help them
5. Verbal cues like- roll the ball slowly with your hands to Sarah.
6. Finish with creating a picture of who they are. Have words like strong, caring, fun etc that they can put on their picture that best describes them.
7. Put this in their binder

Green Team

1. Understand we are all different and have our own likes and dislikes. Watch a video <https://www.youtube.com/watch?v=bwW6mYdJ7Xc>
2. Have each person get a partner and give them a ball, bean bag, or something they can play catch with. Have then show different ways they can throw it to their partners. There is no one way to way to do it.
3. If they throw it in a way the other person can catch or get to it express what they can do different.
4. You may need to use hand over hand, visual demonstrations, or verbal cues to help them
5. Verbal cues like- roll the ball slowly with your hands to Sarah.
6. Finish with creating a picture of who they are. Have words like strong, caring, fun etc that they can put on their picture that best describes them.
7. Put this in their binder

**IV. Supplies needed**

1. Video
2. HLC Binder
3. Balls, bean bags, or something to play catch with
4. Paper, markers, crayons, words cut out.

V. Feedback on Lesson

1. (Staff inputs)

2. (Individuals input)

3. ( Manager Inputs)