**Month: April**

**Theme:** Building Abilities: Lesson 14

**I. Objective of lesson**:

1. Explore and understand the different abilities

2. Learn what your friends around you like and do for fun

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

Activities and Key learning points

Red team (Center based program)

1. Review Abilities sheet attached to the lesson- Talk about different abilities and how it may be different then you but they still can do things
2. Have people experience different abilities-

* closing their eye for 5-10 secs
* Sitting and moving in a manual wheelchair
* Putting ear plugs in or cover their ear with hands
* Try drawing with opposite hand
* How can you say hi or communicate without words- Demonstrate different expression from happy, sad, mad. Who can make those faces

1. What do your friends like to do?
2. Play activity bingo
3. Encourage participant to talk with friends on the different things they like to do. Point, talk, even demonstrate the activity
4. Put activity bingo and abilities sheet in their binder

Blue team (Center/community based programs)

1. Review Abilities sheet attached to the lesson- Talk about different abilities and how it may be different then you but they still can do things
2. Have people experience different abilities-

* closing their eye for 5-10 secs
* Sitting and moving in a manual wheelchair
* Putting ear plugs in or cover their ear with hands
* Try drawing with opposite hand
* How can you say hi or communicate without words- Demonstrate different expression from happy, sad, mad. Who can make those faces?

1. What do your friends like to do?
2. Play activity bingo
3. Encourage participant to talk with friends on the different things they like to do. Point, talk, even demonstrate the activity
4. Put activity bingo and abilities sheet in their binder

Green Team

1. Review Abilities sheet attached to the lesson- Talk about different abilities and how it may be different then you but they still can do things
2. Have people experience different abilities-

* closing their eye for 5-10 secs
* Sitting and moving in a manual wheelchair
* Putting ear plugs in or cover their ear with hands
* Try drawing with opposite hand
* How can you say hi or communicate without words- Demonstrate different expression from happy, sad, mad. Who can make those faces?

1. What do your friends like to do?
2. Play activity bingo
3. Encourage participant to talk with friends on the different things they like to do. Point, talk, even demonstrate the activity
4. Put activity bingo and abilities sheet in their binder

**IV. Supplies needed**

1. Abilities sheet
2. Activity Bingo
3. Manual Wheelchair
4. Ear plugs or noise canceling head set
5. HLC Binder

V. Feedback on Lesson

1. (Staff inputs)

2. (Individuals input)

3. ( Manager Inputs)