

PSW: Lesson 3 MEMO

- 1) Tie a bandage or piece of cloth around the hand that you use to write.
- 2) Now imagine that you're disabled.
- 3) You have to write a diary entry about a day in your new life. Think and write about how you would get dressed, eat, work at school and play with your friends.
- 4) In your diary entry you must also write a paragraph about how difficult it must be to be disabled. What can we do to make life easier for disabled people?

A diary entry is something personal so everyone's entry will be different. There is no right or wrong answer to this question. Please read through the diary entry below. It will just give you an idea of what a person who tied up their dominant hand and pretended that they are disabled goes through.

Saturday, June 14

Dear diary,

Today was absolutely awful! Our PSW teacher wanted us to imagine we're disabled. I had to tie a bandage around the hand which I use to write. Needless to say MY DAY DIDN'T GO WELL! It was so difficult doing all the things that I am used to doing. I had a messy breakfast as I wasn't able to eat with my dominant hand. Food was messed all over my school clothes! Ahh. I had to change into a clean set of school clothes. Mom got upset because she saw the mess I had made in the bathroom. Well... I couldn't use my dominant hand to squeeze the toothpaste out and so I made a mess of the toothpaste. The worst part was when I dropped my lunch box and all the delicious food fell on the kitchen floor. I broke down in tears! :(School didn't go well either. My friends and I weren't able to play with the ball the way we're used to. We were only able to kick the ball. Only after my horrible day I realized how extremely difficult it must be for people who are disabled. It got me thinking what I could do to help disabled people around me. The next time I see a disabled person struggling to do something I will, very politely, ask if I could help them. They might need help getting something down from a high shelf at the grocery store. I will treat other people, no matter how they look, as I'd like to be treated myself. I've realized that mutual respect is EXTREMELY important.