



## TRY THESE ACTIVITIES!!!

### DISABILITY AWARENESS CHECKLIST

Sometimes when you have a disability, everyday tasks can be really hard. Try these activities and see if they are challenging to you.

Your job is to complete each of the following tasks using ONLY your non-dominant hand. So if you are RIGHT-handed you have to use ONLY your LEFT hand! See if EVERYONE in your family will complete the tasks with you. If you try all of the activities and have mom/dad/guardian initial of that you tired each of them you will receive a bonus prize!

- Write your name
- Open a door
- Eat a snack
- Make your bed
- Play a video game
- Tie your shoes
- Draw a picture of your family
- Eat dinner
- Brush your teeth
- Change your clothes

Name: \_\_\_\_\_

Teacher: \_\_\_\_\_