

## ***Aware and Care Den Meeting –Disability Awareness***

### Supplies:

Crutches or wheelchair

Gloves or mittens

Bandanas for blindfolds

Glasses with Vaseline

Obstacle course items

Large button-down shirt

Pennies

Braille board – glue dots, plastic gems, cardstock, printables

Paint, brushes, water and paper

1. Develop an awareness of the challenges of the blind through participation in an activity that simulates blindness.
  - a. Make a Braille board with dots on cardboard (glue dots or gems). <http://braillealphabet.org/braille-alphabet-chart.html>
  - b. Try to decipher what an existing Braille board “says” with the help of a key.
  - c. <https://blindspotsblog.wordpress.com/2013/09/05/the-abc-of-braille-for-dummies/>
  - d. My name in Braille printable:  
<http://followthejrleader.blogspot.com/2013/10/brownie-senses-badge.html> or
  - e. <http://www.afb.org/beginbraille/book.asp?ch=appC>
  
2. Participate in an activity that simulates severe visual impairment, but not blindness.
  - a. Wear glasses that have been smeared with Vaseline and read a child’s book
  - b. Have a blindfold on scout and go through obstacle course – sit in a chair, pour a glass of water, pick up trash and place it in trash can, place keys in a keyhole, dial a phone number, etc.

3. Participate in an activity that simulates the challenges of being deaf or hard of hearing – have a fan blowing in front of the scout, that scout must hear and interpret what the volunteer says (whispers) in front of them.
4. Invite an individual with a disability to visit, and discuss what activities he or she currently finds challenging or found challenging in the past. Ask what that person does and how he or she helps people with disabilities.
5. Using American Sign Language, sign the Scout Oath: Lots on Youtube!  
<http://www.signlanguageletters.org/sign-language-letters-printable/>
6. Work on a service project for your pack's meeting place (build a handicap ramp? Purchase a special bible with large print? Rake a church member's yard who is unable, help with Special Olympics)
7. Try using a wheelchair or crutches, and reflect on the process.
  - a. create an obstacle course – use orange cones or cups
  - b. Use a ladder positioned down flat – go through the rungs with the crutches
8. Try doing the following things while wearing gloves or mittens:
  - a. Tying your shoes and using a fork to pick up food
  - b. Write your name with the opposite hand you use.
  - c. Stack pennies on a table
  - d. Put on a large button-down shirt over their uniform
9. Paint a picture two different ways: Paint it once the way you usually would paint it and then again by using a blindfold. Discuss with your den the ways the process was different.