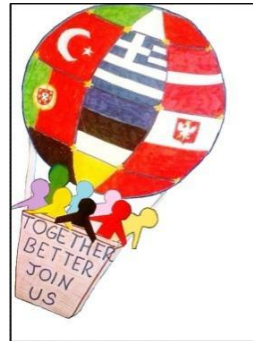


Ideas of activities preventing exclusion caused by health problems and disability

Estonia



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Games From the Training
"Tolerance to people with disabilities.
Limits of Tolerance. "



Objectives

- **Formation of students' understanding of the disability and understanding of persons with disabilities in society.**
- **Understanding their attitudes to the people with disabilities.**
- **To develop in children the correct and reasonable attitude to the people with disabilities;**
- **To promote the formation of tolerant attitude to the people with disabilities;**
- **To promote the development of communication skills in students;**
- **Educate a sense of mercy to the people around. humane attitude to people with disabilities.**
- **To promote formation of moral attitudes to the people with disabilities**
- **Enhance empathy to the "unusual" people through "living" with such experience**
- **To inform about behaviors with people with disabilities on the street, or in transport**

Я и мой ДРУГ



ТОЛЕРАНТНОСТЬ



Group discussion



Objective: To identify initial level of knowledge on the issue. (of the problem)

Content:

- Who are the people with disabilities?
- How often do you meet on the streets people with disabilities?
- Do you have any relatives or friends with disabilities?
- Should people with disabilities be ashamed of their situation?
- Have you ever seen how other people are behaving when they see disabled people in the street?
- How do you think what disabled people feel when people pay attention on them

Exercise ""The guide-The blind man""

Objective: To provide an opportunity for children to try to be blind. build trust in the group.

Content:

Now we will play. It's just a game, but in this game you will understand how it feels a blind man. participants stand in pairs, one of which is "The blind man", he closed his eyes, the other "The guide". He leads the "blind man", trying to avoid the collision.

Conclusion:

What did you feel in this game?







Exercise "Blind, Deaf, Voiceless"



For this exercise, we need 3 people on the cards written roles - people with developmental problems.

1st - does not move, he does not hear, but speaks and sees

2nd - does not speak, he does not hear, but moves and sees

3rd - does not speak, does not see, but hear and moves

Tasks for communication:

You are going on holiday, you need to agree what clothes you'll get dressed and what kind of gift you bring;

Make a list of your favorite foods for a birthday;

Choose a new cell phone with different functions.

The Group is not helping. At the end of the first series can be offered to try the other group members.

The main aim of the exercise: to immerse completely healthy people in the world of human with disabilities, the development of empathy.

Reflection exercises.

Exercise "Cooperation"



Exercise is necessary to remember received information.

Situation 1.

A person with difficulty in movement dropped his crutches, can not take them, but does not asking for help. Ask him for help, so that he accepted it.

Situation 2.

Chairs placed around the room. One participant closes his eyes. He needs to take a book from one of the participants. Only by speaking participants can help him to reach the object.

Situation 3.

The development of facial expressions, pantomime, gestures. Everybody gets the job on cards - small phrases, participants must pass them to another without words, by using only facial expressions and gestures.

Reflection.

Psychotechnical game "hands are tied"

The goal: to create an opportunity to go through limit of movement of hands.

Contents: participants need to tie their hands, and then they need to button or unbutton his jacket, write the words on the blackboard, etc.

Discussion





Exercise: "What do you hear"

Objective: To pay attention to the importance of hearing in life, develop auditory attention.

Contents: Leading invites participants for 1 minute pay attention to the the sounds around them, and then tell what they heard.

How wonderful to wake up in the morning and hear how the birds singing, rustling of leaves in the trees and feel the harmony of body and soul ... - this is happiness.



Exercise "The list of our problems in communication"

(the game takes place among small groups of 4 people)

Subgroups of the above must be to identify the main problems that may arise in the process of interaction with children with disabilities. The result of the discussion to get a list of the problems. the groups have from 7 to 10 minutes.

- exemplary problems
- Uncomfortable to watch
- Not understanding speech
- Fear of disease
- Inability to help
- A pity



Each group at a time calls the selection problem, and explains it. Members of other subgroups can add something, and to ask questions. This occurs as long as not all of the problems listed. On the board, a list of the selected problems. It should be clarified that all the above problems, it is problems of healthy people.

Exercise "Problems of Children with Disabilities"

For this exercise, Group is divided into subgroups. Task: to try to identify the psychological problems that may arise in these children. It is necessary to introduce the world through their eyes.

Teams have 10 minutes. Make up a general list of the problems of children with disabilities and putting up on the board next to the first list.

Next step: comparing the two lists and the selection the same problems.



Exercise "Guess the lead"

One person leaves the room. The group chooses a leader who will show any movement, other members should copy all the movements. who has come into the room must successfully guess who's boss in a circle.

Exercise allows you to move, to get positive emotions. Conclusions of this exercise may be to ensure that the life also need attention and focus to see the problems of others and their reasons.



Exercise "My experience with children with disabilities"

Each participant is invited to talk about their experiences with children with disabilities, their feelings and fears, joy and achievements (from the experience of doing such training, most participants talk about the experiences and the negative experience). participants need motivation for the story about their emotions.



Exercise "line up"

This game is an active, improves mood, create a good atmosphere. the participants need to find their own place, and the place depends from the job. For example, you need to stand up by growth, from the left side of the lead should stand highest participant - and on the right side - the lowest participants. Tasks can range from hair color or eye color to the kindest and funniest participants.

After the exercise, you can ask participants about what liked what caused the problem and how this exercise can be linked to the training topic.





Exercise 3: The changing of teams.

Exercise to overcome psychological barriers..

necessary to remove the chairs and tables so participants can walk freely around the room. You will need to record soft music. Movement continues until the music sounds. When the music stopped, a leading says a word, such as "Four!". This means that the players must form four people as fast as possible in each group.

As soon as the team appeared, name the action that must perform the players, such as "shake every hand and introduce yourself each other." Once completed, turn on the music and the movement of players is continuing.

Recommendations for leading. it is necessary that each time with signal formed new teams. Suggest new actions, interesting topics. The basic idea of the game is that the participants all the time on the move, and talked and talked with lots of people.

Possible variants of rounds are as follows:

"Doubles!" - Tried to move his ears, group members talk about the sounds that they's nice to hear.

"Three!" - Stand facing each other and say hello to each other

"Four!" - All team members raise their hands above his head and represent the trees that sway by the wind.

"Five" - stand in a circle, talking to each other, what they want to learn in this training. Raised hand up - the job is done.

half of group, for example, "Seven!" - stand in a circle, hold hands and take turns to say for your neighbor on the right, that you are happy to see him.

Number equal to the number of participants of the training group, for example, "Fourteen!" - Hug each other.

Такие же, как мы

Дети-инвалиды имеют право на особую заботу
и обучение





