

abilities awareness week 2020

Monday: ACCEPTANCE is Radical (dress in 80s attire)

DISABILITY: is a physical or mental condition that limits a person's movements, senses, or activities. Disabilities affect people from all around the world regardless of gender, age, race, or economic status. Some individuals are born with a disability while others incur the disability through injury or disease. People with disabilities make up 15% of the world's population. With the proper support, many individuals with disabilities can lead productive and even extraordinary lives. This week, we will learn about disabilities that students at McAuliffe have as well as a famous individual with that disability. **Stephen Hawking** had a disability that eventually had a global impact on his life. He was a theoretical physicist who experienced significant paralysis due to ALS.

Monday's Challenge: GET DRESSED USING ONLY ONE HAND TO EXPERIENCE HOW SOMEONE WITH A DISABILITY MAY HAVE TO ADAPT AND ACCOMMODATE DAILY LIVING ACTIVITIES.

Tuesday: United We Stand for an INCLUSIVE Land (wear red, white, and blue clothing)

HARD of HEARING and DEAFNESS: are the diminished ability or inability to hear. Hearing loss is categorized as slight, mild, moderate, severe or profound, depending on how well an individual can hear the frequencies that are commonly associated with speech. **Derrick Coleman, Jr.** was the first legally deaf offensive player in the NFL. After going to UCLA, he was part of the Seattle Seahawks Super Bowl XLVIII championship team.

Tuesday's Challenge: PUT YOUR T.V. ON MUTE AND WATCH A SHOW OR MOVIE USING CLOSED CAPTIONING TO HAVE AN APPRECIATION FOR HOW THOSE WITH HEARING IMPAIRMENTS EXPERIENCE HOME ENTERTAINMENT.

****additional video link for students to watch of an interview with Derrick Coleman, Jr.**

Wednesday: Suit Up & EMPOWER Others (wear superhero gear)

AUTISM: is a developmental disability that affects brain development in 1 in 59 children. Individuals with autism may have speech delays, trouble with social interactions, repetitive behaviors or sensory sensitivity. Doctors do not know what causes this spectrum disorder. **Sir Anthony Hopkins**, an Academy Award-winning actor, has Asperger's syndrome. He uses his unique skills to memorize his lines and to pull apart what makes a person tick in order to create his iconic movie characters.

Wednesday's Challenge: WATCH THE LINKED VIDEO FOR SOME INSIGHT INTO WHAT IT FEELS LIKE TO HAVE AN AUTISM SPECTRUM DISORDER.

Thursday: Tip Your Hat to DIVERSITY (wear any type of hat)

TRAUMATIC BRAIN INJURY: (TBI) is an insult to the brain caused by external physical force that may produce a diminished or altered state of consciousness, which results in an impairment of cognitive abilities or physical functioning. **Harriet Tubman**, an escaped slave and important "conductor" on the Underground Railroad, suffered a brain injury at the hands of an overseer. The head injury left her with a lifetime of epileptic seizures, headaches, powerful visions, and dream experiences. Despite her disability, she was able to make a difference and become a hero of change.

Thursday's Challenge: BRUSH YOUR TEETH AND HAIR OR EAT YOUR LUNCH WITH YOUR NON-DOMINANT HAND TO SEE WHAT IT IS LIKE FOR SOME FOLLOWING A TRAUMATIC BRAIN INJURY.

Friday: Showing RESPECT is the Bright Thing to Do (wear MCA spirit wear and sunglasses)

Dyslexia: is a specific learning disorder that involves difficulty reading due to problems identifying speech sounds and learning how they relate to letters and words, or decoding. While mostly known as a reading disability, dyslexia affects areas of the brain that process all language. **Anderson Cooper**, who has won Emmy Awards for his journalism on stations like CNN, struggled with reading due to his dyslexia. He learned to overcome these obstacles and ended up graduating from Yale. As a news correspondent, he was most interested in telling stories of perseverance and survival.

Friday's Challenge: READ THE ATTACHED "DYSLEXIA PASSAGE" ALOUD TO A FAMILY MEMBER TO SEE WHAT IT IS LIKE TO HAVE A SPECIFIC LEARNING DISABILITY.