

CURRICULUM

Character Education, Language Arts

MATERIALS

- ▶ Story of Sarah Will (see "Meet the Athletes" fact sheet in this section)
- ▶ Blindfolds, slings, duct tape or other material used to simulate a disability
- ▶ *Leo the Late Bloomer* by Robert Kraus

Sarah Will: Attitude and Determination Creates a Winner

Objectives: STUDENTS WILL

- ▶ Relate the study of Paralympics with character building.
- ▶ Be introduced to the Paralympian Sarah Will.
- ▶ Write a short skit demonstrating how they might turn a problem into a strength.



Introduction:

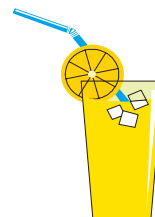
- ▶ Read the children's book, *Leo the Late Bloomer* to students.
- ▶ Discuss the book and Leo's feelings when he wasn't able to do things as well as his friends. When he was considered normal, everyone was happy. What would have happened if Leo had not bloomed in the same way as his friends?

Primary and Intermediate Grades

Activity: "Making Lemonade"

ASK AND DISCUSS:

What if Leo had a lifetime disability of some kind? Some people are either born without full use of their body, or they become disabled in some way through an accident. In what ways might these people bloom and show excellence?



Read or have the students read the story of Sarah Will.

ASK:

Have you ever heard the saying, "If life gives you a lemon, then make lemonade?" In what ways has Sarah made lemonade during her lifetime?

- ▶ Ask students to think of a time when they were either ill, had broken a bone or had been in an accident causing them to be incapacitated in some way. Assign students to write about the experience, describing how they felt and how they responded to the situation.
- ▶ Now, using the example of Sarah Will, reconsider the situation and brainstorm ways in which the experience might have been used to “make lemonade.” Ask student to share their ideas within a small group.

After students have shared ideas, they will create a skit that demonstrates how a positive attitude and determination create success out of disappointment.

Extensions:

- ▶ Encourage students to participate in a disability day. Each student will decide what his or her disability will be. They will use a blindfold, sling or other device in order to simulate a disability. Their goal will be to respond to the experience with a positive attitude, to help each other through the day and find ways to turn the disability into an advantage.