

Walk a Mile in My Shoes

Put yourself in the place of a Paralympian. What does it take to compete in these Games?



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The Paralympic Games are events for world class athletes who have overcome barriers and limitations. The participating athletes demonstrate enthusiasm, energy, endurance and skill. Let's see if you have the determination to compete with a limitation. Complete the activities described below and chart your results and feelings.

NOTE: The purpose of this activity is not for you to feel pity for people with disabilities, but rather, to become aware of their challenges and to use your alternative skills and senses to complete the tasks.

Take the Challenges...

- ▶ **CHALLENGE ACTIVITY #1** – These activities simulate impairments to vision.
 - Gather the following items: an eye patch (to simulate depth perception), an opaque scarf (to simulate obscured vision), a blindfold (to simulate no sight), and a ball.
 - Perform the following tasks and record your score in the With Sight row of the table below.
 - Walk on a line
 - Walk on a circle
 - Climb over objects such as chair or desk
 - Catch a ball (You will get five throws.)

VISUAL IMPAIRMENT SIMULATION

Record the Time in Seconds or number of Catches in Five Throws

	Walk on a line	Walk on a circle	Climb over objects	Catch a ball
Blindfolded with guide				
Blindfolded				
Wearing scarf				
Wearing eye patch				
With sight				

- ▶ Perform the tasks again, recording your score for each of the following:
 - Wearing the eye patch
 - Wearing the opaque scarf
 - Wearing a blindfold
 - Wearing the blindfold and having a student guide you, either verbally or manually.

Record your score in the Visual Impairment Simulation table above and write in a journal how you felt performing each of these tasks.

Take the Challenges...

- ▶ **CHALLENGE ACTIVITY #2** – These activities simulate impairments
 - Gather the following items: a piece of cloth (to use as a sling), 3 feet piece of twine or rope (to tie legs together), and a ball.
 - Perform the following tasks and record your score in the Without a Disability row of the table below.
 - Pick a hat up off the floor
 - Go between a set of cones
 - Kick a ball
 - Catch a ball (You will get five throws.)

MOBILITY IMPAIRMENT SIMULATION

Record the Time in Seconds or number of Catches in Five Throws

	Pick a hat up off the floor	Go between a set of cones	Kick a ball	Catch a ball
Legs tied together				
Arm in sling				
Without a disability				

- ▶ Perform the tasks again, recording your score for each of the following:
 - One arm in a sling
 - Legs tied together

Record your score in the Mobility Impairment Simulation table above and write in a journal how you felt performing each of these tasks.

REFLECTION: Record your responses to the following questions:

- ▶ Were the challenges easier or harder than you thought they would be? Explain.

- ▶ What did you do to make the tasks easier?

- ▶ What did you learn from this experience?
