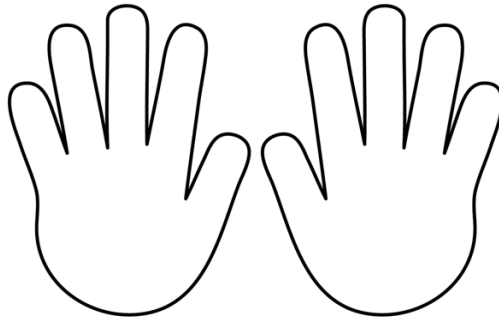


Strong Hand – Weak Hand

Most people have one hand that is stronger than the other hand. Your strong hand is the hand you use to write your name, throw a ball, or hold a fork. Color the hand below that is your strong hand.



A **disability** is when part of your body doesn't work the way it's supposed to. Some disabilities are caused by injuries and will heal. Other disabilities are there from birth and will always be part of a person.

Think about what it would be like if you broke your strong hand. It would probably be in a cast and you wouldn't be able to use it normally. Use words or pictures to show three things that would be hard to do if you couldn't use your strong hand:

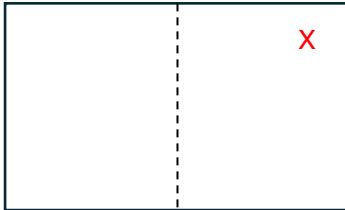
1.)

2.)

3.)

Activity: Writing or drawing with your weak hand

1.) Start with a piece of plain white paper. Fold the paper in half. Put a small X on the side of the paper that is the same side as your strong hand.



2.) Write your name on the **X side with your strong hand. Next, write your name on the other side with your weak hand. What did you notice when you wrote your name with your weak hand?**

3.) Draw a picture (smiley face, flower, or tree) on the **X side with your strong hand. Next, draw the same picture on the other side with your weak hand. How are the two pictures different?**

Group discussion questions:

***Writing with your weak hand might feel a little bit like having a disability. What do you think it would be like if you ALWAYS had to write with your weak hand? How do you think having a disability might make you feel?**

***What are some things you could do to help someone with a hand or arm disability?**

***What are some things you could do to help someone with a foot or leg disability?**

***What should you always do before helping someone with a disability?**

***What rules should you follow if somebody you know uses equipment like a wheelchair or walker to help with a disability?**

***What are some ways you could show kindness to someone with a disability?**