



**Introduction to Paddle-Ability**  
**Session 11 – How Disability**  
**Affects Different People**  
**Activity Cards**

## Card 1: Communicating with a hearing impairment

**Equipment:** pair of ear defenders

One group member should put on the ear defenders. Another group member should instruct the person wearing ear defenders on how to find the toilets. This should be done standing behind the ear defender wearer and then in front of.

- Could you hear the instructions? How did it feel to not be able to hear?
- What did you do to make sure you got your message across?
- As an instructor, what did you do to ensure that the person could understand the correct procedure?

## Card 2: Guiding your partner

**Equipment:** 1 x blind fold

One group member should put on the blindfold the other group member should guide their partner around the room.

- How did you both feel about the activity?
- What were the challenges?
- What implications might this type of impairment have on the session?



## Card 3: Carrying out tasks with a visual impairment

**Equipment:** 4 x simulation goggles, bottled water and plastic cup, paper

Try on the goggles. Try pouring water from the bottle while wearing the goggles. Try copying out the list below. In addition you can try talking with a group of people or moving around the room.

Create  
Obtuse  
Torment  
Ecstatic  
Framework  
Aardvark  
Inclusion  
Participate  
Develop  
Excel  
Cooperate

- How did you feel about the activity?
- What were the challenges?
- What implications might this type of impairment have on the session?

## Card 4: Using your hands.

**Equipment:** pair of gloves, pair of tongs, pot of beads

Try the following activities wearing gloves or using the tongs.

- Write your name
  - Untie/ take off and put your shoes back on
  - Pick up the beads and put them in the pot
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- How did you feel about the activity?
  - What were the challenges?
  - What implications might this type of impairment have on the session?

## Card 5: Transferring

**Equipment:** 2 chairs, slide boards

Transfer from one chair to another without using your legs. Can you get from a chair to the floor? Can you get from the floor to a chair?

- How did you feel about the activity?
- What were the challenges?
- What implications might this type of impairment have on the session?

## Card 6: Balancing

**Equipment: 2 x bean bags**

Carry out the following activities keeping your hands by your side and balancing a bean bag on your head.

- How did you feel about the activity?
- What were the challenges?
- What implications might balance and coordination issues have on the session?

## Card 7: Concentrating

**Equipment: Word Search**

Try and complete the word search while your partner distracts you by: talking, asking you questions, clapping and tapping you.

- How did you feel about the activity?
- What were the challenges?
- What challenges might you face in a session with people who sit on the Autistic Spectrum?



## Card 8: Get the Colour Right

Can you read the colour of the writing below to your partner?

Green Blue Orange Purple Pink Red Blue Brown Green Orange Pink Purple  
Red Yellow Green White Green Yellow Gray Blue Gold White Blue Pink Blue  
Yellow Green Pink Red Blue Grey Blue Beige Blue Brown Black Blue Orange  
Red Blue Violet Red Green Blue Red Gray Green Blue Pink Yellow Pink Green  
Yellow Green Brown Orange Blue Gray Blue Green Orange Purple Red Yellow  
Green Blue Pink Green Yellow Red Pink Green Pink Red Blue Orange Green  
Blue Green Blue Pink Blue Red Pink Green Pink Black Blue Brown Green Or-  
ange Pink Red Yellow Green Blue Brown Green Orange Pink Purple Red

- How did you feel about the activity?
- What were the challenges?
- What implications might this type of impairment have on the session?