

TARGET GROUPS	9+
TITLE	CROSSING A RIVER
RUNNING TIME	30 - 45 min
LEARNING OBJECTIVES	To encourage participants to think about what it might be like to live with a disability. To enable talk about social inclusion.
MATERIALS	Three large pillows (or something similar to use as stepping stones)
PREPARATION	Needs lots of space, preferably outside
IMPLEMENTATION	<ol style="list-style-type: none"> 1. Explain to the group that the goal of this exercise is to get the entire group across an imaginary, crocodile infested river safely, using only three pillows. 2. Have the 'river' be quite wide, say the width of the whole room, and use the pillows as movable 'stepping stones' to get everyone across. Participants are only allowed to touch the pillows, and not the floor, or else they are out. 3. Select a few people to simulate different disabilities such as being unable to use one leg or one arm, being unable to see, or perhaps unable to speak. You may also want to select someone to simulate an illness, perhaps by being only able to move at a certain speed, or needing to rest between each action taken. 4. Once everyone has made it (or not) to the other side of the river, have the participants switch roles. Those in the group who did not simulate a disability



Gefördert durch



Erasmus+

Schulbildung

	<p>should now do so, and vice versa, for the trip back across the river.</p> <p>5. After everyone has made it (or not) back across the river, bring everyone together to debrief the exercise.</p>
ROLE OF THE TEACHER	Facilitates the process.
POSSIBLE RISKS & HOW TO HANDLE THEM	This is an exercise about disability, but you can think of how to make a discussion about other grounds for discrimination and social inclusion.
FEEDBACK TOOL	<p>Possible discussion questions:</p> <ul style="list-style-type: none"> - How difficult (or easy) was it for the group to accomplish this exercise? Why was it as easy or as difficult as it was? - How did it feel to not be able to use your whole bodies? - Can you think of the challenges that people with disabilities might experience everyday? How do you think people with disabilities manage? - What about people who are chronically or terminally ill, people who live with a mental illness, or the families and friends of people with disabilities? What challenges do you think they face everyday? - What changes could we make in the way we think and talk about the world around us, about people, or perhaps in the way we plan different aspects of our community (such as streets and buildings) that might address some of those challenges?

Source:

The *People Power* Manual and Facilitator's Guide, North Shore Multicultural Society, 2003.

“CULPEER for integration - Cultural and peer-learning approaches for successful integration of disadvantaged youth and refugees at school level.”