



**Just Like You**

# **Book of Differences**

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**Stage 3**

**Teacher resource**



**variety**  
the children's charity

# What's the difference?

Write a sentence or a short paragraph explaining the following terms.

## What's the difference between:

### 1. A temporary disability and a permanent one?

Temporary Disability (include some examples)

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Permanent Disability (include some examples)

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### 2. Sympathy and empathy?

Sympathy

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Empathy

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### 3. Barriers and accessibility?

Barriers (include some examples)

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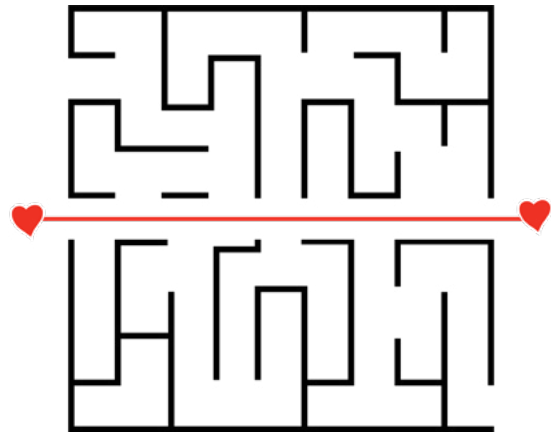
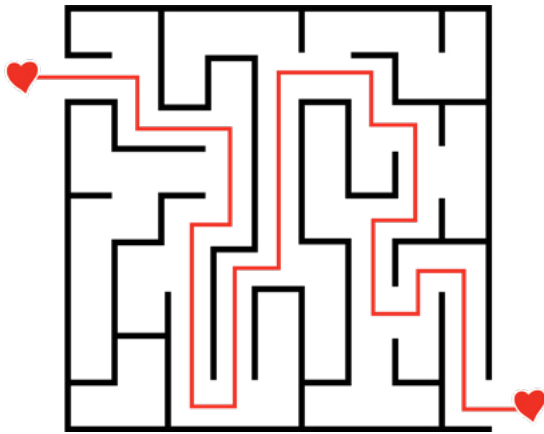
Accessibility (include some examples)

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# Our society and disability

Our society is a collection of people, culture and the environment. Society can be hard to navigate – like the maze on the left. But if we all help each other and remove the barriers that make it hard, then society will be better for everyone!

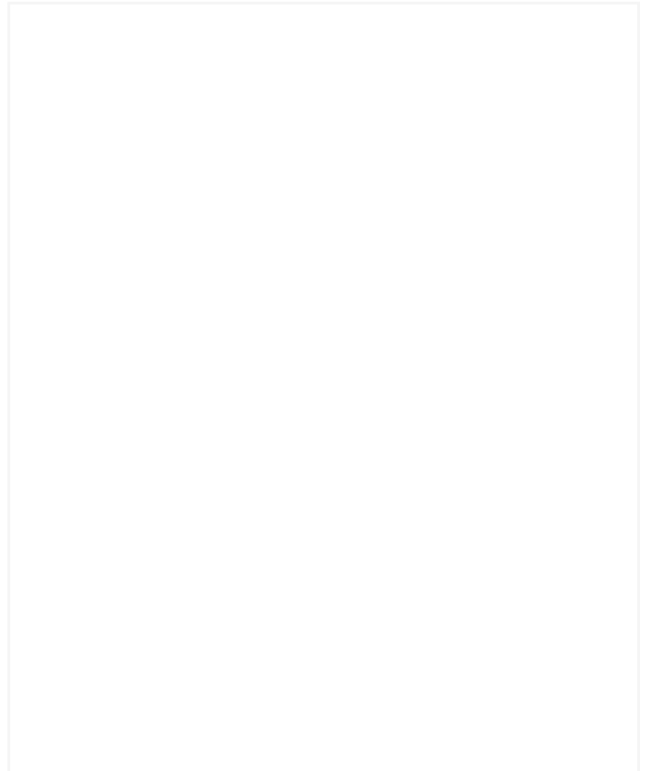


1. Draw two mazes and give them to a friend to solve.

A hard maze with lots of barriers



An easy maze with no barriers



**2. List some real-life barriers that people with a disability may face (e.g., no elevators at a train station).**

**3. List how these barriers could be removed.**

# Communicating with a disability

There are many ways for people with disabilities to communicate.

The form of communication they choose to use will depend on their disability.

Match the disability to the appropriate forms of communication that can be used (there can be more than one form of communication for each disability).

## Disability

Blind/Vision impaired

Deaf/Hearing impaired

Mute

Hidden disability  
(e.g., Autism)

## Form of Communication

Hearing Aid

Sign language

Braille

Technology (e.g., an iPad)

Audio book

Lip reading

# Teacher-run activities

## Activity 1: You... the Superhero!

### Activity summary

Teaching students that superheroes overcome challenges, turning them into a strength, and providing students with examples of people with disability who have done the same.

### What you will need to run this activity

- A screen to show students images and videos

1. Tell students that all superheroes have one thing in common – they overcome challenges.

For example, The Hulk's challenge is anger, which he overcomes by channelling it to fight bad guys. Ironman has a power cell in his chest to keep him alive, but he also uses it to power his suit. Both have big challenges, but they've turned their challenges into a strength.

2. Tell students about an Australian snowboarder, Ben Tudhope, who has cerebral palsy. He has partial paralysis in his left side, which means he has reduced movement and feeling. At fourteen, Ben became Australia's youngest ever Winter Paralympian.

You can find out more about Ben from his website [bentudhope.com](http://bentudhope.com).

3. Pair students up and ask them to think about:

- a. Three challenges Ben would have faced
- b. What might have helped Ben to overcome those challenges?
- c. Who might have helped Ben to overcome those challenges?

4. Still in their pairs, ask students to choose for themselves:

- a. A superpower
- b. A super-name
- c. A superhero action stance
- d. A goal that they would like to achieve – it doesn't have to be a Paralympic gold medal, it can be something smaller like passing a maths test
- e. A challenge that they will have to overcome to achieve their goal

**Thank you for participating in our  
program, and always remember  
people with disabilities are**

