

# INSTRUCTIONS

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● You can't see for the duration of the relay. You can speak but you can't see. From now on you are blind.

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● You can't see for the duration of the relay. You can speak but you can't see. From now on you are blind.

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● You can't talk for the duration of the relay. You can see but you can't talk. From now on you are mute.

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● You can't talk for the duration of the relay. You can see but you can't talk. From now on you are mute.

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● You are able-bodied for the duration of the relay. You can't acquire any disabilities.

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● Lead your team to the first stop for the relay. Go to \_\_\_\_\_. There you'll find your next instructions.

must be carried for the duration of the relay. Another member is suddenly mute and can't talk for the duration of the relay.

Your task at this stop: Everyone must eat a cracker. When you've all completed the task, go to

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The third stopping points should be near where the relay began.

At the third stopping points, each team finds a blindfold, six inflated balloons and a slip of paper that says:

One more member of your team is blind for the duration of the relay.

Your task at this stop: Everyone must pop a balloon.

When you've all completed the task, return to the place where you began this relay.

When you're done, discuss kids' actions and feelings.

# DISABLED RELAY

Here's a fun activity that helps kids relate better to disabled people.

Tell group members they're going to run a relay of simple tasks but they'll have special instructions. Form teams of six. Give each team its envelope of beginning directions, containing six slips of paper copied and cut apart from the "Instructions" hand-out (page 106). Tell teams each team member must take one slip and obey its instructions. Also tell kids all team members must stay together during the relay. Distribute blindfolds to all team members who are now blind. Photocopy the following slips for each team, giving teams different stopping points.

At the first stopping points, each team finds pencils and paper, and a slip of paper that says:

Two members of your team can no longer walk and must be carried for the duration of the relay.

Your task at this stop: Everyone must write his or her name without using hands.

When you've all completed the task, go to

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At the second stopping points, each team finds six crackers and a slip of paper that says:

One more member of your team can't walk and