

Day 2 Lesson Plan: Would you rather Activity

Purpose: To begin to empathize with the difficulty of having a disability.

Activity:

1. Inform the students you will be asking them a series of questions and they will have to sit or stand depending on which option they choose, not telling them whether remaining sitting or standing is the desired outcome.
2. Tell them that if they choose the first option they have to sit down and if they choose the second option they can remain standing.
3. Also inform the class that they have only five seconds to make their choice before they are disqualified from the activity.
4. Read each “would you rather questions” out loud to the class. You can also display each question on a PowerPoint presentation for students to read as they make their decision.
5. For questions that get big reaction in the students or invoke a surprising response ask students why they made the choice they did.
6. After the activity, explain to students how oftentimes people with disabilities often have no “good” choices to choose from and are forced to make difficult decisions.

Note: Certain terms or concepts may need to be explained to the students during the activity, such as what is a grand mal seizure or what does it mean to be hooked up to a ventilator.

Reflection:

Ask the students to write a short reflection on what it felt like be forced to choose an option that was not desirable. Then ask the students to share their reflection in small groups. Can also stimulate a whole classroom discussion if there is a time constraint.

Questions for group discussions:

1. What was the most difficult question they were faced with?
2. What made you choose a certain way?
3. What emotions did you feel when you were doing the activity?
4. What if you did not have the choice between either one of the options? How would that make you feel?
5. What is an example of difficult choices that you have had to make?
6. What were some of the disabilities these questions touched upon?

Activity Sheet

Would you rather...

1. Have two left feet or two left hands?
2. Be beautiful or smart?
3. Always have to say everything on your mind or never speak again?
4. Never see the faces of your loved ones or never hear your favorite music again?
5. Only be able to whisper or only be able to shout?
6. Publish your diary or make a movie on your most embarrassing moment?
7. Have to have surgery every month or have to take a shot every day?
8. Have to write down everything you want to say or not be able to read?
9. Have a grand mal seizure at school every month or have to use a wheelchair everyday?
10. Win no medals in the Olympics or win five gold medals at the Special Olympics?
11. Never be able to get your drivers license or never go without a chaperone?
12. Have to read a book that is written backwards or have to take a final exam in the middle of a rock concert?
13. Not be able to swallow your own food or be permanently hooked to a ventilator?
14. Be 10 feet tall or 2 feet tall?
15. Have to read all your textbooks in Braille or only be able to talk with your friends using sign language?
16. Be the best student in a special education class or the worst student in a mainstream class?