# My Abilities: Mobility Impaired

*Third part out of four of the My Abilities patch.*

**Purpose:** To teach girls how to respond to those who are mobility impaired.

**Activities labeled 1, 2, and 3 are required. At least 2 other activities need to be completed to obtain this patch.**

**Requirements:**

1. Learn about mobility impairment and Stephan Farfler. Have girls play a game with one arm behind their back. (Examples could be bingo, uno, throwing a ball, etc.)
2. Learn about the different resources available to those mobility impaired. (Examples include service animals, wheelchairs, walkers, etc.)
3. Learn how to interact with people who are mobility impaired by watching at least two of the following videos. www.youtube.com/watch?v=gEtLquKMdbU, www.youtube.com/watch?v=Zn42tmbx_VQ, www.youtube.com/watch?v=wIAhSeVpQsU, www.youtube.com/watch?v=f3HZnQMSxCg
4. Learn about mobility impairment by visiting an orthopedic surgeon or talking to someone who works with the mobility impaired.
5. Learn about famous people who were/are mobility impaired. (Examples include Frida Kahlo, Franklin Roosevelt, Michael Fox, Abby Lee Miller, etc.)
6. Invite someone who is mobility impaired to speak at your Girl Scout meeting.
7. Discover what it is like to be mobility impaired. Have the girls sit in a wheelchair and have them do activities they would normally do. Have the girls button a button with only one hand.
8. Watch a kid-friendly video on mobility impairment. (An example included is https://www.youtube.com/watch?v=nlzMD1Kj6kE )
9. Practice helping those who are mobility impaired. Have the girls pair up in teams of two and have one sit in a wheelchair. The other girl must help her through a semi-difficult task. Color a page that demonstrates mobility disability- https://www.dreamstime.com/illustration/coloring-wheelchair.html
10. Explore what it is like in public for those who are mobility impaired. (Examples include going to an office and determining what they do to accommodate those who are mobility impaired, what places have wheelchair accessibility, etc.)