

YLF OBSTACLE AWARENESS COURSE EXERCISE

**(Handout for Delegates and Staff)
DISTRIBUTE BEFORE EXERCISE BEGINS!**

PLEASE FOLLOW THE DIRECTIONS BELOW:

YU HAV BINN SULEKTED TU KUMM TO YLF BEEKUZZ YU HAV THUE POTENSHULL TU BEE A GRAT LEEDER! THISS EXXERSIZ WUZZ KREATED TO HELP YU TU LERN BI DUEENG SEVERULL INTERESTEENG EXPEEREINSES.

AND YESS. WEE NO HOW TU SPELL KORREKTLIE. HOWEVER, REEDING THEEZ FEERST PARAGRAFFS IZZ AKSHUALLEE PART UVV THUH "OBSTAKULL KORSS EXXERSIZ". YU WILL TOKK MORR ABOUT THEEZ PARAGRAFFS AFTURR YU FINNISH THUH REST UVV THISS EXXERSIZ.

IN YOUR SMALL GROUPS, EACH DELEGATE MUST CHOOSE A "DISABILITY" CARD. YOUR CARD WILL TELL YOU WHAT KIND OF DISABILITY YOU WILL "PLAY", OR EXPERIENCE, FOR THIS ENTIRE OBSTACLE AWARENESS COURSE EXERCISE. (IF YOU CHOOSE A CARD WITH THE DISABILITY YOU ALREADY HAVE, PLEASE PUT THE CARD BACK AND DRAW ANOTHER ONE.) READ YOUR CARD ALOUD WHEN YOU DRAW IT. THE YLF STAFF WILL HELP EACH DELEGATE TO GET THE NECESSARY PROPS TO ADOPT THEIR NEW DISABILITY.

THE FIRST EXERCISE WILL BE CONDUCTED WITH EVERYONE TOGETHER. FOR EACH EXERCISE, ONE OF YOUR GROUP COUNSELORS WILL READ THE INTRUCTIONS OUT LOUD. MOVE WITH YOUR SMALL GROUP TO THE NEXT STATION EACH TIME A WHISTLE BLOWS. (SEE ROTATION LIST). THERE WILL BE ABOUT FIVE MINUTES ALLOWED PER EXERCISE STATION.

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Everyone will do this first exercise at the same time. Groups #1 and #2 will face each other, as will Groups #3 and #4 plus #5 and #6.

TAG RELAY EXERCISE: SEPARATE THE TWO FACING GROUPS BY ABOUT 40 FEET. THE FIRST PERSON IN ONE LINE WILL BE GIVEN AN ITEM TO HOLD. WHEN A TIMER BELL IS SOUNDED, THE PERSON WITH THE ITEM MUST GO TO THE FIRST PERSON IN THE LINE OPPOSITE THEM AND GIVE THEM THE ITEM. ONCE THAT PERSON RECEIVES THE ITEM. THEY CONTINUE DOWN TO THE NEXT PERSON IN LINE AND PASS THEM THE ITEM. CONTINUE THIS UNTIL ALL DELEGATES IN YOUR GROUP HAVE RELAYED THE TIME AND ARE BACK IN LINE IN THEIR ORIGINAL ORDER, THE TWO GROUPS WHO FINISH FIRST GET A SURPRISE (LATER!). AFTER COMPLETING THE TAG EXERCISE, EACH SMALL GROUP SHOULD GO TO THE STATION LABELED WITH THEIR GROUP NUMBER. EACH TIME THE BELL/WHISTLE SOUNDS (WHEN THE EXERCISE IS DONE), GO TO THE NEXT NUMBER/STATION AS FOLLOWS:

GROUP #1 GOES TO STATION 1 (THEN TO 2,3,4,5,6)
GROUP #2 GOES TO STATION 2 (THEN TO 3,4,5,6,1)
GROUP #3 GOES TO STATION 3 (THEN TO 4,5,6,1,2)
GROUP #4 GOES TO STATION 4 (THEN TO 5,6,1,2,3)
GROUP #5 GOES TO STATION 5 (THEN TO 6,1,2,3,4)
GROUP #6 GOES TO STATION 6 (THEN TO 1,2,3,4,5)

1. COMPLETE THE PUZZLE: - AS A GROUP, ASSEMBLE THE PUZZLE ON THE TABLE.
2. CIRCLE PASS (NO VISION): – FORM A CIRCLE WITH YOUR SMALL GROUP. EVERYONE MUST CLOSE THEIR EYES. PASS THE ITEM YOU ARE GIVEN AROUND THE GROUP SO EVERYONE HAS CONTACT WITH THE ITEM. IF YOU FINISH, DO THE EXERCISE AGAIN AND TRY TO IMPROVE YOUR TIME.

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3. CIRCLE CLOTHING GAME: - FORM A CIRCLE WITH YOUR SMALL GROUP. THE FIRST PERSON SHOULD PUT ON THE SHIRT (OVER THEIR CLOTHING) AS IT IS MEANT TO BE WORN. THEN THEY SHOULD TAKE IT OFF, PASS IT TO THE NEXT PERSON AND PROCEED AROUND THE CIRCLE.
4. TELEPHONE CIRCLE: - FORM A CIRCLE WITH YOUR SMALL GROUP. GIVE THE FIRST PERSON A CARD WITH A STATEMENT. AFTER THEY READ THE STATEMENT. THEY GIVE THE CARD BACK TO THEIR GROUP FACILITATOR AND WHISPER WHAT THEY READ TO THE PERSON NEXT TO THEM. CONTINUE UNTIL THE LAST PERSON, WHO MUST SAY THE STATEMENT OUT LOUD. THE FACILITATOR WILL THEN READ THE CARD OUT LOUD.
5. CIRCLE GAME (ONE ARM): - FORM A CIRCLE WITH YOUR SMALL GROUP. PASS THE OBJECT TO EACH PERSON AROUND THE CIRCLE, USING ONLY ONE ARM. IF YOU COMPLETE BEFORE TIME IS UP, REPEAT
6. FOLLOW THE LEADER: - CHOOSE A LEADER FOR YOUR GROUP BASED ON WHOSE BIRTHDAY IS CLOSEST TO TODAY. THE LEADER MUST SELECT A SITE (IN THE LAWN AREA) AS A DESTINATION. THE LEADER SHOULD CONFIDENTIALLY TELL ONLY THE COUNSELORS WHERE THE SITE DESTINATION IS. THEN, WITHOUT USING THE ENGLISH LANGUAGE AND WITHOUT TOUCHING ANYONE, THE LEADER MUST LEAD EVERYONE TO THE SELECTED DESTINATION. IF YOU COMPLETE THIS BEFORE TIME IS UP, REPEAT IT WITH THE PERSON WITH THE NEXT CLOSEST BIRTHDAY.

WHEW! AND CONGRATULATIONS!!! AFTER COMPLETING THE LAST EXERCISE, WE WILL CONVENE TOGETHER (IN THE SAME LAWN AREA) AND THE CO-FACILITATORS WILL LEAD US IN A DISCUSSION ABOUT WHAT WE JUST EXPERIENCED.

FOLLOW-UP DISCUSSION FOR
YLF OBSTACLE COURSE EXERCISE
(Handout for Delegates and Staff)

(Distribute this sheet AFTER completing all obstacle course exercises.)

CONVENE IN THE LARGE GROUP TO DISCUSS THE OBSTACLE COURSE EXPERIENCE. YOU WILL HAVE ADDITIONAL TIME TO DISCUSS THIS EXPERIENCE IN A SMALL GROUP SESSION LATER.

TOPICS FOR DISCUSSION SHOULD INCLUDE THE FOLLOWING:

1. ACKNOWLEDGE THAT THIS EXPERIENCE DOES NOT INCLUDE EVERY KIND OF DISABILITY AND THAT ACTUALLY MOST DISABILITIES CANNOT ACTUALLY BE SEEN.
2. DISCUSS “HOW DID IT FEEL TO HAVE THE DISABILITY YOU ADOPTED”?
3. WHAT MIGHT BE DIFFERENT FOR SOMEONE WHO REALLY HAS THE PARTICULAR DISABILITY, COMPARED TO SOMEONE JUST “PLAYING” AT HAVING IT?
4. HOW DID YOU WORK AS A GROUP TO COMPLETE THE ASSIGNED TASKS YOU WERE GIVEN?
5. THERE ARE MANY KINDS OF LEARNING DISABILITIES. THE “WEIRD” PARAGRAPHS AT THE BEGINNING WERE GIVEN TO YOU TO HELP YOU UNDERSTAND HOW DIFFERENT IT MAY BE FOR PEOPLE WITH LEARNING DISABILITIES TO PROCESS WRITTEN INFORMATION. WHAT WAS IT LIKE FOR YOU WHEN YOU READ THOSE PARAGRAPHS?
6. WHAT DID YOU EXPERIENCE DIFFERENTLY WITH YOUR NEW DISABILITY WHEN YOU HAD A TASK TO DO? DID YOU TEND TO TRY TO WORK BY YOURSELF? DID YOU ASK OTHERS FOR HELP? DID YOU OFFER YOUR HELP TO OTHERS?
7. IF YOU HAD TO CHOOSE THE MOST IMPORTANT THING THAT YOU LEARNED FROM THIS EXERCISE. WHAT WAS IT?

(Handout for Staff ONLY!!)

NOTES TO YLF STAFF
PROPS FOR OBSTACLE COURSE EXERCISE

6 WORK STATIONS/TABLES OR CHAIRS (numbered) (the first exercise is done simultaneously by all groups and the station is not numbered)

6 MANUAL WHEELCHAIRS, 12 BLINDFOLDS, 12 SETS OF EAR PLUGS, LOUD WHISTLE (have 2)

TAG RELAY ITEMS (3 OF THE SAME ITEM FOR THE OPENING EXERCISE)

PUZZLE ON A TABLE (FOR EXERCISE STATION #1)

2 CIRCLE PASS ITEMS (FOR EXERCISE STATIONS #2 AND #5)

EXTRA LARGE SHIRT (FOR EXERCISE STATION #3)

STATEMENT ON CARD FOR EXERCISE STATION #4: "If history teaches us anything, it is that people are determined and cannot be deterred."