



# Chairfit

Ability In Action Virtual Excursion

## Facilitator Guiding Questions

- What did you enjoy most?  
*The activity? The music? The Instructor? Being active together?*
- At Variety everyone is included so we can play, learn games, sports and activities together - can we do this at our school?
- We all participate our own way. Can the class share why someone may want to be seated instead of stand for this activity?  
*Examples; Wheelchair, scooter, cane, crutches, injury - sprain or broken leg etc.*
- What is a disability?  
*Examples; sight, hearing, speech, mobility, learning, sensory*
- How would someone join us who is blind? Hard of hearing or deaf?  
*Possible answer: Verbal/speaking instructions, role model what is expected, gestures, write notes in a board with instruction to read too.*
- Does anyone know someone who has a disability? Let's share things we have in common or are different
- Let's share ideas of how we can include everyone in play
- What can you do to include all of the class?

## Questions?

Contact us to learn more:  
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