Darby Boingg has an adventure and meets a person with disabilities.
Pre-Test

1) Having a disability only means you can’t walk.
   - True  [ ] False  [ ]

2) A person with disabilities can do things like go to school and play basketball.
   - True  [ ] False  [ ]

3) There are different types of wheelchairs.
   - True  [ ] False  [ ]

4) Having a disability means you can’t help anyone.
   - True  [ ] False  [ ]

5) Service animals are disabled animals.
   - True  [ ] False  [ ]

6) Pouches are important when people use wheelchairs.
   - True  [ ] False  [ ]

DISCLAIMER. This book provides general information about disabilities, exercise and health-related issues. This information does not constitute medical advice and is not intended to be used as a solitary reference on the subject matter, for the diagnosis or treatment of a health problem, or as a substitute for consulting a licensed health care professional. Consult with a qualified physician or health care practitioner to discuss specific individual issues or health needs, and to professionally address personal, emotional, health, physical, nutritional or medical concerns. You should consult a qualified medical professional before beginning any exercise program.
lan explained that he was particular about his pouch because he has been a wheelchair user his whole life and has used many different types of wheelchairs.

**TYPES OF WHEELCHAIRS**

A manual or push wheelchair is used when a person can use their hands and arms. Some people use them when they have an injury such as a broken leg.

A sports wheelchair sits low to the ground and moves fast. It is used to play basketball, tennis, racing and other sports.

A motorized wheelchair can be operated with a joystick control instead of pushing the wheels to make it go and stop.

Sometimes a person may use many types of wheelchairs for different situations.

Darby, let’s create the perfect pouch together!

lan told them the pouch would have to carry a lot of cool things, but most of all it would have to hold a basketball!

**Wow! I didn’t know you play basketball. I do, too!**

**I love playing, even though it took a while before I even had the courage to try.**

lan told Kit about when he first started to play basketball when he was young. He had wanted to play with the other kids but was afraid to ask to join in the game.

They probably don’t want me to play.

What if I don’t play well?

What if I look silly?

What if they laugh at me?

What if they say no?

Nice shot!
All that changed one day when the basketball bounced over to Ian.

Hey, can I play basketball with you?

The kids walked over to Ian to get the ball and talk to him. They wanted him to play but had a lot of questions.

Do you mind if we ask you questions?

Not at all! I'm happy to answer any questions that you may have.

Do you like playing sports?

Oh, yes! I love sports! When I play, it may look a little different than you, but it's still fun.

If we touch or play with you are we going to hurt you?

Just like you, I can play and have fun! Just ask before we play, and I'll let you know if it's safe.

Ian told them that he could do a lot of the things they do but that he had cool things he used to help him do many things.

Ian explained that there were times when things felt difficult, and he knew he was different from other kids...

...but at home, Ian was treated exactly the same as everyone else in the family. Even down to doing the house chores!

I am lucky because my family supports me and I am able to stay at home and in my community.
WHEELCHAIRS
Wheelchairs are used to help people with certain disabilities move around in everyday life.

PERSONAL CARE ASSISTANT (PCA)
A personal Care Assistant (PCA) helps people with disabilities in their homes when they need help with daily activities.

SERVICE ANIMAL
Service animals are specially trained animals that help people with different types of disabilities.

WHEELCHAIR VAN
A wheelchair van is a vehicle with a motorized lift that goes up and down and lets a wheelchair user get in and out and ride anywhere they want to go.
Growing up wasn't really all that different for me. I liked to swim, travel, play with my pup and go camping!

That's great! You are always doing so many exciting things!

I need a marshmallow next!
His family also taught him the importance of work and giving back to people in need the best way he can.

Kit was still curious about disabilities. Ian is a wheelchair user because he can’t walk, but are there other kinds of disabilities?

“Does everyone with a disability have to use a wheelchair? Are there other ways people can be disabled?”

“There are many different types of disabilities,” Ian said, “from people are born with to ones that don’t last too long to ones you can’t even see.”

Whether typing in an office or volunteering for those in need, working not only feels good for the worker, but also gives something good back to the world.

Working and volunteering helps people be strong and independent. It’s important for everyone, with or without a disability, to be productive and build a good work ethic!

Sometimes a person can have an injury that will cause them to be disabled for a short time.

A person can have more than one disability.

That’s so cool! And now you’re even designing and making your very own incredible pouches to help others!

Sometimes people are born with disabilities.

That’s a great question, Kit! Disabilities can come in all shapes and sizes. These are only a few. There are other ones.
As an adult, Ian also began to tell others about his experiences, because when more people understand disabilities, it helps everyone live and work better together.

Ian was able to help people with and without disabilities come together.

Darby and Kit had learned so much, thanks to Ian! They all worked together really hard and soon came out with the most incredible pouch ever.

I'm so excited to be working together!

Me, too! You have such great ideas! I have learned so much from you!

Awesome! I am naming it the BRILL-IAN-T pouch!

So cool!

Let's get this BRILL-IAN-T pouch loaded with my Basketball and hit the court, Kit!
Find the Words

Find all of the words in the puzzle below.

Volunteer  Basketball  Service

Wheelchair

A K K D H G V O L U N T E E R N F U B
B A L N D F U D L G U E R D I G P N G
A K J D F H G R U S L A F I N D O G A
S E R V I C E L D G U H R S C A O E L
K D F L J G H U R L S L K V R D I A B
E L S D G H D F V F D I G H E F L I B
T W H E E L C H A I R D L I D W I A L
B S D L K F U B H R K S J D I L R H A
A L K S D V U A L D L C N D B L K F A
F L L K S N M C U R A P L D M L C D L P
L L D F U C O D L A U G W X F D U W
A D S F K J R U A P Q U E S T I O N Q

Ian’s Maze Race

Help Ian win the race by making it through the maze.

We thank the real Ian for inspiring this book and teaching us about different disabilities and the talents, abilities and dreams of those with disabilities.

You can do it!
Use patterns and colors to decorate the Incredible Chair.

Post-Test

1) Having a disability only means you can’t walk.
   - True
   - False

2) A person with disabilities can do things like go to school and play basketball.
   - True
   - False

3) There are different types of wheelchairs.
   - True
   - False

4) Having a disability means you can’t help anyone.
   - True
   - False

5) Service animals are disabled animals.
   - True
   - False

6) Pouches are important when people use wheelchairs.
   - True
   - False


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IAN’S PLEDGE

There are a lot of ways that we’re different
From how we look and move and sound.

Sometimes it’s easy to judge someone
and really let them down.

But if we understand each other,
we’re not as different as it seems.

Then we can learn to work together
like the most amazing team!

So I promise that every Day I’ll try
to be kind and be a friend.

And realize that we’re all more alike
than different in the end.

I took Ian’s pledge!

SIGN YOUR NAME HERE!

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healthy! This book
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