

In this book, you will learn about six kids with disability.

You will learn a little bit about their lives.

You will also learn that these kids are just like kids everywhere – just like you!

They love playing games, books, making stuff and being silly.



They have things they are good at, and things they are working on.



As you read this book, think about all the people you know in your community. They will have different abilities and every person will have a story.

Be curious. Ask questions and find out more. Then take your understanding and empathy out into your community, and make it a kinder and more inclusive place.



- WHAT DO YOU THINK EMPATHY MEANS?
- WHAT DO YOU THINK INCLUSIVE MEANS?

Living with cerebral palsy doesn't mean Sam can't play with other kids.

Maybe the rules of a game have to change a little – but that's okay.

And maybe the other kids need to take a bit more time, so everyone knows the best way to include Sam in the game – and that's okay too!



Including Sam in any game is as simple as asking him if he'd like to play.



Sam is funny, creative and silly.

He makes people laugh and he makes everyone feel included.

Rishi doesn't always like to be touched. And that's okay.

She can choose when she allows a person to come inside her body boundary for a hug or a handshake – just like you!

We all need to ask each other for consent before coming inside another person's body boundary.



Sometimes Rishi loves to play with other kids.
She loves to be included.

But sometimes she might choose not to join in, and
that's okay. We all need to respect each other's choices.

And even though Rishi doesn't want to play, it is still
important to ask her. That way she knows she can be
included when she is ready.

NO, NOT
TODAY.

RISHI!
DO YOU WANT
TO PLAY?

OKAY, NO
PROBLEM.

RISHI! DO YOU
WANT TO PLAY?

YES!

WHAT DO YOU THINK
RESPECT MEANS?



This is **AUDREY**.



Audrey has Down Syndrome.

This means she has one more chromosome than most people.

Chromosomes are made up of genes in our body that make us who we are.

Sometimes it takes Audrey longer to learn things like counting to 100 or writing her ABCs.

And sometimes she may take longer to understand the rules of a game or how to play jump rope. But that's okay. Because Audrey's friends are always there if she needs any help.



This is TY.



Ty has Attention Deficit Hyperactivity Disorder or sometimes it's called ADHD.

This means Ty has a super-duper busy brain, and a body that loves to move quickly and often.

Sometimes in the classroom, it might be hard for Ty to sit still and listen to the teacher.

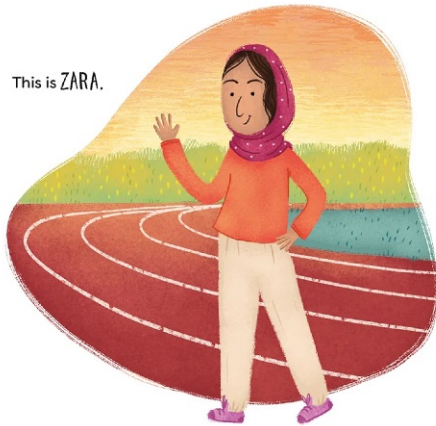
Ty might need to get up and move about. They might need to play with a fidget toy or make some noise.

Ty might find it really hard to focus on a task the teacher has given to everyone.

Ty's brain and body are just very active.



This is ZARA.



Zara has limb difference.

She was born without any legs below her knees.

Zara has prosthetic legs and carbon fibre blades.

Her prosthetic legs make it possible for Zara to walk and her blades make it possible for her to run.

Zara has a rainbow set of prosthetic legs for day-to-day walking and sports, and a set of blades for running.



Meet Sam, Rishi, Jay, Audrey, Ty and Zara!

Six wonderful kids who are just like kids everywhere.
They love playing games, books, making stuff and being silly.
They have things they are good at, and things they are working on.
And just like kids everywhere they want
to feel **safe, loved and included.**

*'My hope is that all kids be that child
that says, "Would you like to play?"'*

Jayneen Sanders

Also included are Discussion Questions for parents,
caregivers and educators

Jayneen Sanders is an experienced author, teacher, mother of three, and a
passionate advocate for empowering children through discussions on social
and emotional issues, respectful relationships and personal body safety.
For more titles by Jayneen Sanders go to www.e2publishing.info



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