Understand Challenges Exercises

Set up stations that allow volunteers to experience the challenges students face.

Challenge 1: Explain a task with limited language.

- 1. Two people stand back-to-back; they may not look at each other's materials.
- 2. Person 1 has a picture of random lines and shapes.
- 3. Person 2 has a pad of paper and a pen.
- 4. Person 1 uses only words to instruct Person 2 to draw the image.

Discussion: What are the challenges both faced while explaining and understanding instructions?

Challenge 2: Explain something to someone who has difficulty focusing on what you say.

- One person sits in a chair and tries to pay attention to a story read by another person.
- 2. Two or three other people distract the person from hearing what is said with items such as noise makers, feathers rubbed against skin, fanning, poking, touching, etc.
- 3. The reader then asks the listener questions.

Discussion: How could you change environments to limit distractions? What techniques could the reader have used to convey the message?

Challenge 3: Instruct someone with physical challenges to complete a simple task.

- 1. One person is disabled with items such as an oven mitt or thick gloves, a mask, a blindfold, or earmuffs.
- 2. Another person describes how to perform tasks such as picking up and sorting objects or making a peanut butter sandwich.
- The disabled person takes the instructions literally and acts confused, requiring clearer direction.

Discussion: How did you learn to rephrase instructions? How did both handle frustration?