

This is a program that lets residents interact while at the same time learning about physical disabilities. It is a great awareness program!

#### Instructions/Things Needed:

- ❖ Pizza or other food
- ❖ Wheelchairs, Blindfolds, Crutches, etc.. (Check with the Student Health Center)
- ❖ A room/area in the building that is unfriendly disability-wise.

# Pizza on Wheels

Advertise free pizza to residents, giving them a time and a place to meet. Meet in the same place you will do the activity.

When your group arrives, explain to them that they will be assigned either a disability (i.e. blindness, no hands, crutches, wheelchairs, etc) or a persons to help the “physically challenged.” Explain they will have to make their way to the designated area and then keep their disability while they eat (or try to eat) the pizza.

Afterwards, (when everybody seems to have had enough!) tell them to remove their disabilities and facilitate a short discussion about what just happened, what they felt, problems they encountered, etc. Those who were not disabled but helped will probably have input as well - some of them may not have known how to help out a disabled person, and this could happen in real life.

#### Considerations:

- ❖ This is a great program to take pictures
- ❖ You can check with the health center or other organizations around campus for literature to pass out, or professionals to help facilitate.
- ❖ If a disabled person happens to attend the program, they would be an invaluable resource - but don't push them to attend.

#### Discussion Questions:

1. What was your first reaction when you were assigned your role?
2. What were your thoughts about life with this disability?
3. Describe the experience of maneuvering down the hallway and then eating the pizza.
4. What did you note about the physical surroundings?
5. What was the role of the “helper?” How was it to “help,”/or to “be helped?”
6. In addition to the conditions faced here tonight, what other difficulties do the physically disabled face daily?

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