

# What If You Couldn't?

Original Council: Pine Valley

Current Council: Greater Atlanta

---



## Requirements

Complete 4 of the 6 requirements.

1. Experience what it would be like if you had a physical challenge, try:

- coloring a picture or writing your name with your feet.
- eating a meal without being able to see.
- identifying objects by touch.

2. Practice communicating without using words. Learn some basic sign language, hand signing, body language, or try lip reading.

3. Experience the lack of mobility, try:

- getting in and out of a vehicle using crutches.
- climbing up and down stairs with crutches.
- putting on clothes while seated (you may not get out of your chair at all)

4. Develop a skit, story, poem, or puppet show portraying ways to increase awareness of people with special abilities.

5. Visit a rehabilitation center for people or animals. Observe different ways patients are encouraged to overcome their personal challenge. Some possibilities are a spinal clinic, home for the blind, animal rehabilitation center, or a health and fitness center with rehabilitation equipment.

6. List different careers for people wanting to work with people having special abilities. Check in your community, schools, hospitals, etc. for suggestions.