



COMMUNITY  
AGENCY FOR THE  
REHABILITATION AND  
EDUCATION FOR PERSONS WITH DISABILITIES  
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# How to modify activities for a child with a disability

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Games are a good way to include all the  
children in a fun and social way

# Softball

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- Use a stand to place the ball instead of having the ball pitched.
- If child cannot run bases, have him wheel his wheelchair or have a buddy run for them.
- Let the child referee with the teacher to call strike, ball, or foul ball

# Soccer

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- Have child do kicking drills as a group, either sitting in chair or standing based on his ability
- Let him be an assistant referee
- Let him be a lines man

# Rolling or catching a ball

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- Easiest way to catch a ball is to let it bounce first
- May be easier for child to roll ball instead of catching it.
- May need to ask child to stop a ball rolled to her (with her body) vs. to just use her hands to stop the ball

# Hand Control Games

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- Allow child to use 1 or 2 hands in a variety of positions
- May need to allow child to use one hand to assist the other weaker one
- Use water and sand and different size and shape toys, some with and some without handles
- Encourage grasp, hold, squeeze, pour, and shifting the water or sand

# Play dough

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- Use hands together in a variety of positions
- Use one hand to assist the other
- Poking, pinching, pressing, grasping, squeezing, holding, pulling, rolling



# Music

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- Have child participate in a group experience
- Listen to and discriminate sounds, i.e. drum, trumpet, voice, rattle, cymbal
- Encourage movement to the music, sway and hand, arm movements as the child is able
- Include songs with finger motions or clapping
- Use repetitive sounds in songs
- Allow the disabled child to make sounds by ringing a bell, or drum or to clap

## Cooking

- Use multi sensory stimulation promote seeing, touching, tasting, smelling of food
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## Walking or running activities

- If child able to stand, have child walk laps around porch veranda (smooth surface) instead of grass (uneven)
- If child unable to stand, encourage endurance activity by having them practice wheelchair mobility skills on the veranda for longer and longer distances

# Toileting

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- Have one person assist with toileting to maintain modesty
- Talk with teachers who have taught the child previously to know what works and what does not
- Communicate with parents for follow through
- Encourage independence of the child

# Classroom Chores

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- Try to find simple duties the child can do so that they feel included
- Be consistent in the rules, do not favor the child with a disability by allowing him/her to break the rules in regards to behavior.
- Encourage child to go outside for recess and lunch. Pair the child up with a buddy for safety and companionship

# Presentation Skills

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- May not be able to verbalize but can be present with group when presenting in front of class
- Teacher may have student assist with group presentation by helping to hold poster
- Teacher may individually show disabled child's work to the class for recognition

# Remember

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- Inclusion is the goal
- Creativity will help you reach the goal
- Keep a positive attitude
- Let the children help you with ways to include the child with a disability
- Be a role model

Thank you!

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