People First
Activity Book
For Young Children
Dear Parents and Teachers,

We are delighted that you have chosen the People First Activity Book for use in your home or classroom.

The activity book is designed for you and your children to do together as an individual or classroom activity. We encourage you to discuss each example with your child or class to help them better understand the concepts presented.

If you would like more information on People First Language or other disability issues, or if you would like additional copies of the activity book, please do not hesitate to contact us.

WV Developmental Disabilities Council
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This book belongs to:
The way we talk to and about people who have disabilities is very important.
When we talk too much about someone’s disability and don’t spend enough time talking to the person, we might hurt their feelings.

Dave, what do kids in wheelchairs do for fun?
The truth is, people with disabilities enjoy doing the same things that people without disabilities like to do.
Help Dave find his friends at the park.
People with disabilities are everywhere. We should all learn to be respectful to all members of our communities.
People with disabilities are Moms.
They are Dads.
They are brothers and sisters.
They are friends.
Harriet Tubman
African American Abolitionist

They are civil rights leaders.
They are famous artists.
They are Presidents.

Franklin D. Roosevelt
US President
1933-1945
Many words that are used to talk about people with disabilities are not very nice or cause people to be afraid of people with disabilities. We call these words labels.

Write as many bad labels as you can think of in the jar and draw a lid on it so that you remember not to use them.
When we use these labels, we might give other people wrong and confusing ideas about people with disabilities. These wrong ideas are called stereotypes.
We may hear our friends use these labels in jokes or as a way to say something is “bad” or “stupid.” We may also hear them on TV or in the movies.
We may think that it is OK to use these labels because they aren’t being used to talk about a person with a disability. But, it isn’t OK because it hurts people’s feelings.
Draw how you would feel if someone told you that you were bad or stupid.
We should also never tell jokes about people with disabilities. If someone wants to tell you a joke that is mean, it is OK to tell them you don’t want to hear it.
When we talk to or about people with disabilities, we should always use People First Language.
Match the labels on the left to the correct People First phrase on the right.
We shouldn’t treat our friends with disabilities any differently than we treat our friends without disabilities. If we do, we may hurt their feelings or make them angry.
It is always nice to help others, but we shouldn’t assume that people with disabilities can’t help themselves. If we think that someone could use our help, it is polite to ask first, just to be sure.
Which One?

Just hold your hands up and I will throw it right into them. You don't even need to try.

You are good at playing basketball - you should go out for the team next season.

My Dad is taking me fishing this weekend and he said I can bring 2 friends. You guys wanna come?

Jack, when you are done pushing him around, do you want to go play arcade games?

Circle and color the picture that is the best example of how we should treat our friends.
Some people with disabilities have animals who help them. These animals are called support animals.
We should never pet a support animal without asking the person first. We might distract the animal from doing its job. It’s always a good idea to ask before petting any animal.
Circle all of the things you think could be a problem for the woman if her support dog got distracted by someone paying attention to it without her knowing about it.
You guys think he wants this ice cream cone?
I can answer for myself!

Pardon me, would you like me to get those keys for you?

My son will love it. Maybe we can go whitewater rafting too.

Come here puppy!

I'm not a baby and I already told you, I don't want to play ball!

Show me how you scored that goal in our last game!

It's not hard, I'll throw it right in your hands.

Thank you for asking. That would be very helpful.

Would you like to join us for a weekend camping trip?

Place a checkmark in the boxes where people are being courteous, and an "X" in the boxes where people are not being courteous.
Help Heather join the rest of her teammates in time for the big game!
We're walking to the mall after school - wanna go?

Sure!

Man, I hate math. I don't understand anything that stupid teacher says!

Yeah, me too! He is a total retard!

Hey Sue, the Spring Dance is on Saturday - would you like to go with me?

Oh yes, I LOVE to dance!

We're walking to the mall after school - wanna go.

Hey just let him take the shot - he's in a wheelchair.

Dave, get out of the box, you look like a sped.

Place a checkmark in the boxes which show students using People First Language and an X in the boxes where students are not using People First Language.

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When we treat each other with kindness and respect, we help to make our world a better place to live.
Certificate of Achievement

This certificate is awarded to

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for outstanding effort to increase disability awareness by completing the People First Activity Book.

Parent or Teacher

Put Sticker Here
We would like to thank the Kanawha County Schools - Parent Educator Resource Center, the Autism Society of WV, Margaret Arabia, and Jerri Stephens for their valuable input on this project.