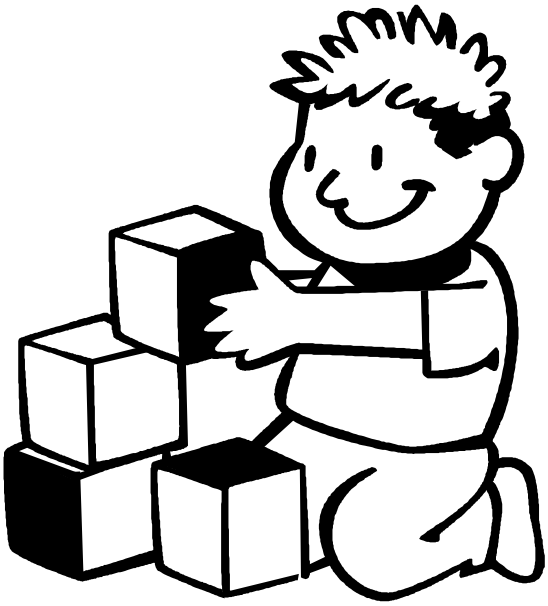
Don’t DIS My Ability
Look at what I can do!
Coloring Book

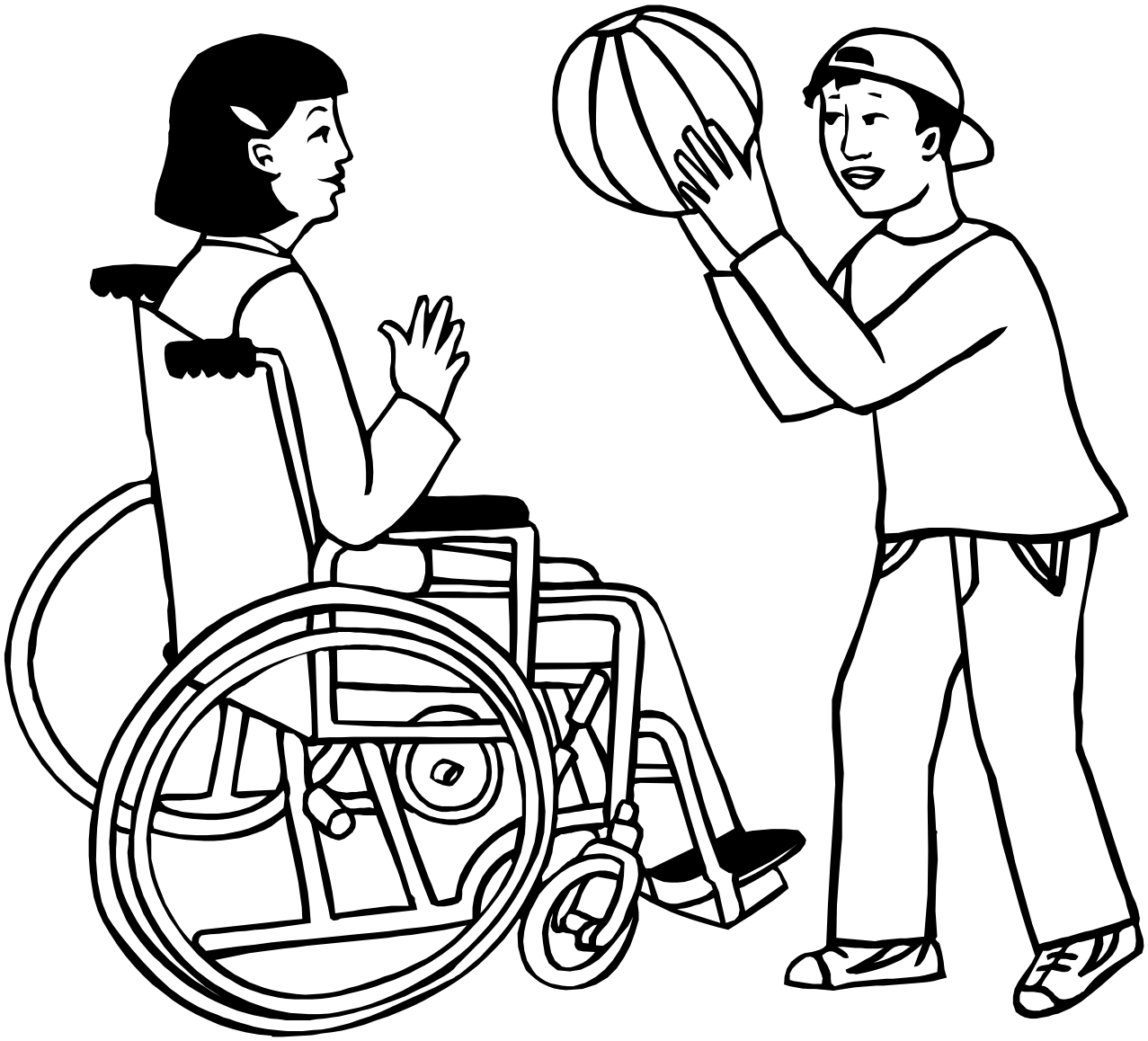






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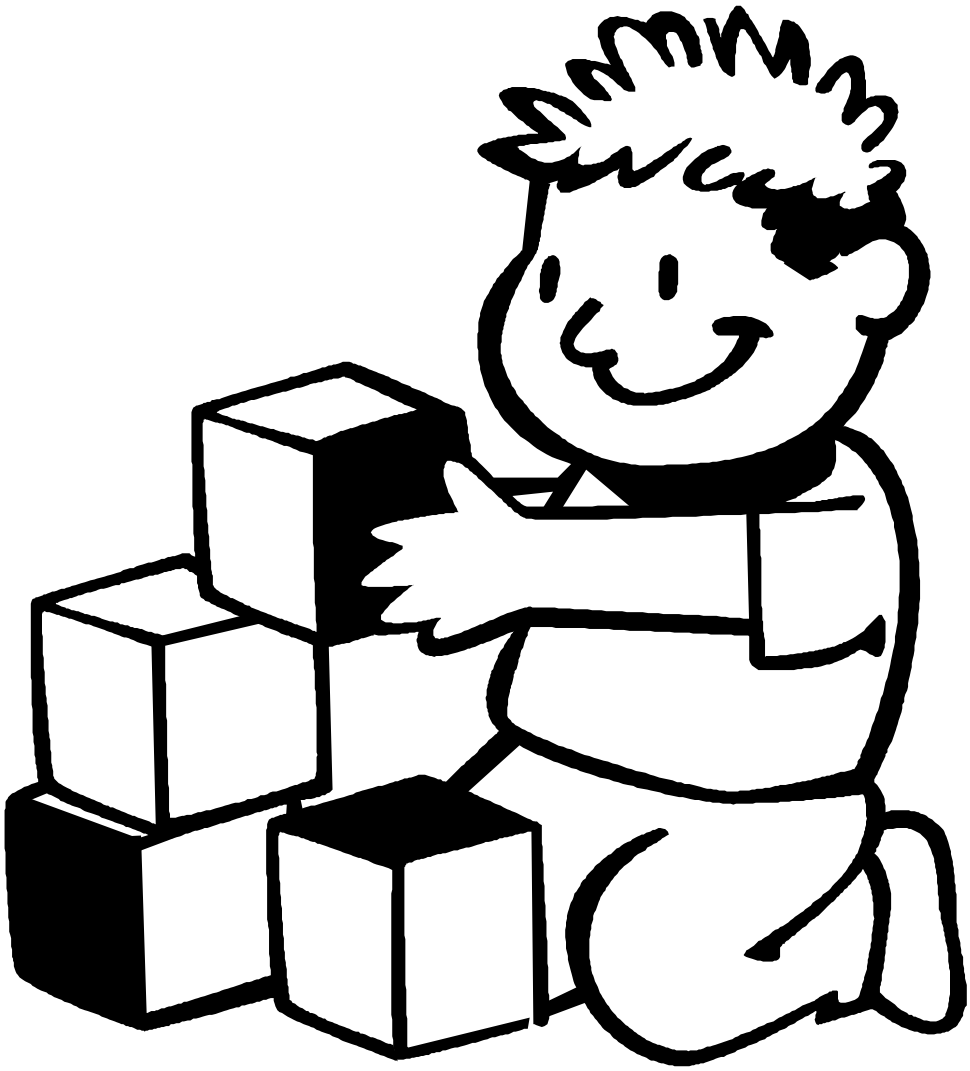
Produced by The Arc of New Jersey®
For more information about developmental disabilities visit www.disabilityawarenessnj.org



Hi. My name is Lin. I love to play basketball with my brother Chen. I have muscular dystrophy, which means my muscles sometimes don't work as well as yours. It may take me longer to get the ball in the hoop, but that's OK, my brother and I still have lots of fun!

Is there anything that takes you a little extra time to do?

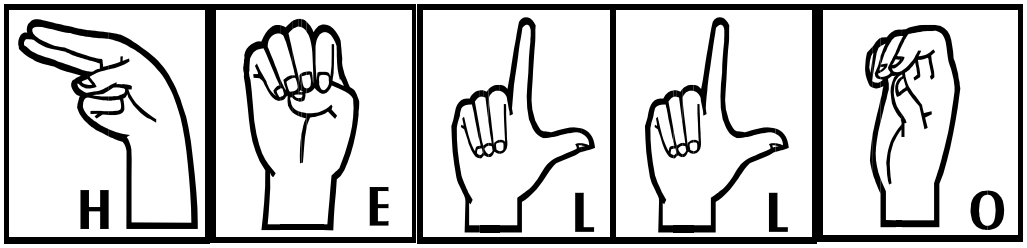
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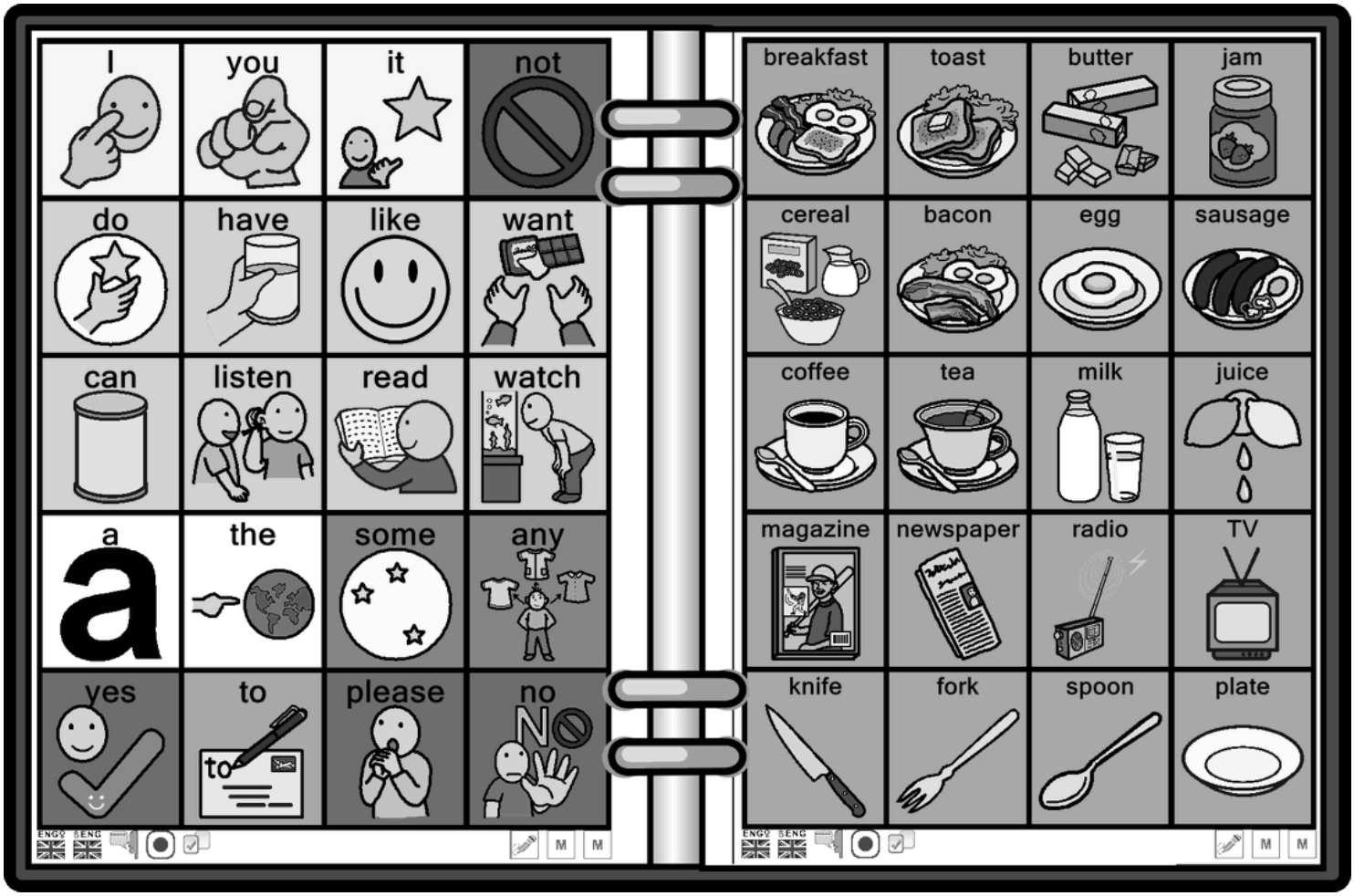


Hi. My name is Matt and I am 8 years old. I love to see how high I can build a tower. I have Autism. Sometimes I find it hard to talk with other people. I might not look at you when you speak to me or I might not answer you when you ask me a question. I am not trying to hurt your feelings, I just find it hard to communicate with other people.

Do you ever find it hard to talk to your friends?

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Some people with disabilities use sign language to communicate. Other people use what is called a communication board. People use pictures to create a sentence or point to an object they want.

How many sentences can you make using the commutation board?

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Hi! I am Samantha and I love my job! I work at an office in my neighborhood. I have a developmental disability. That means I sometimes need help with things like traveling to work or finishing my assignments. I have a job coach that comes with me to my job and helps me with my work.

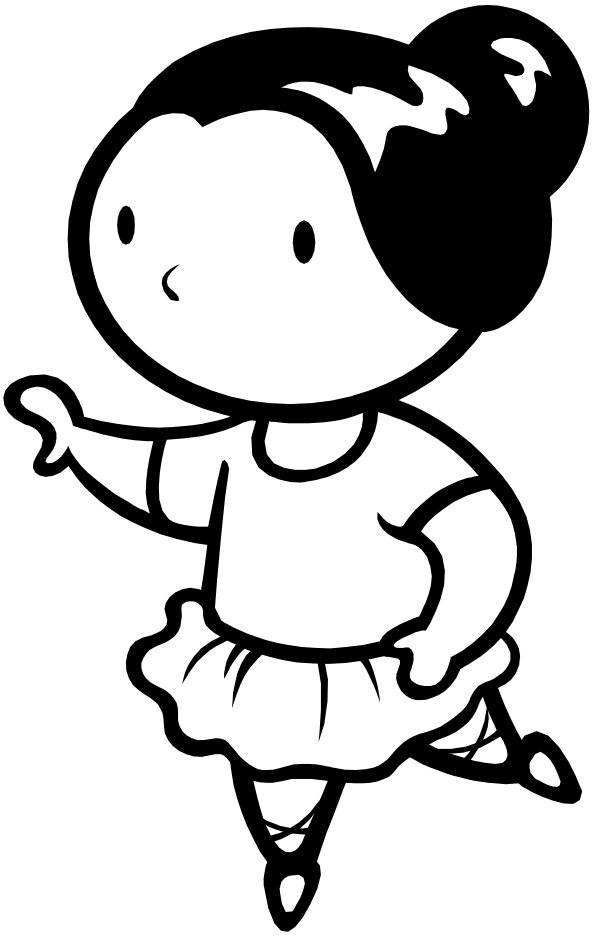
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Hi! My name is Madison and I love playing games on the computer. I also have cerebral palsy. Sometimes it may be hard to understand what I say, but that does not stop me from telling everyone about my favorite game!

What is you favorite game to play?

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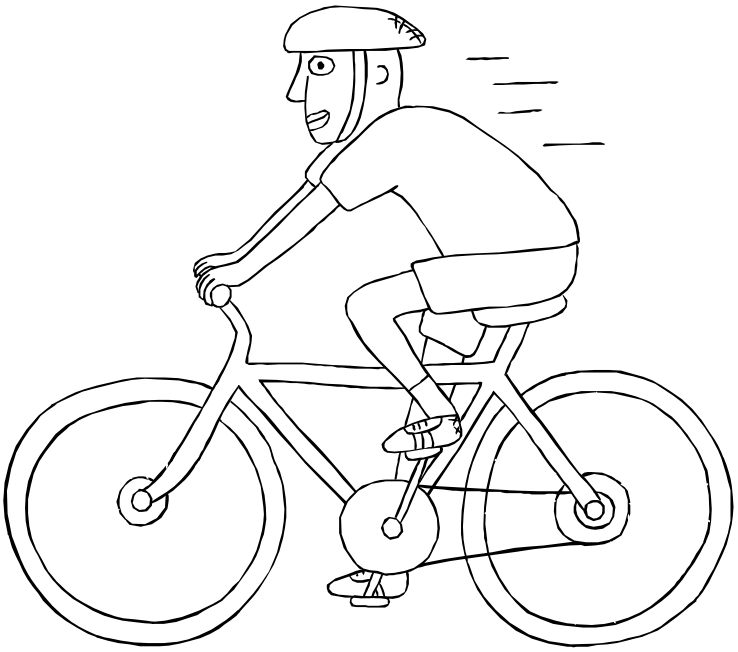


Hi! My name is Ryan and this is my twin sister Grace. We are 6 years old. We both have an intellectual disability. That means sometimes we take longer to learn new things. Our disability does not matter to us. When I grow up I want to be an astronaut and when Grace grows up she wants to be a ballerina.

What do you want to be when you grow up?

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Hi! I am Sean. My two favorite things to do are listen to music and ride my bike. I also have Down Syndrome. Inside all our bodies are things called chromosomes. They tell our body what color hair we will have or what color our eyes will be. Most people are born with 46 chromosomes, but I was born with 47. This makes me look a little different than you. However, looking different does not stop me from doing anything!

What is your favorite thing to do?

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The words we use to describe people make a big difference in how they feel about themselves. Would you feel good about yourself if your friend described you to others by what you could not do? People with disabilities are no different. They want to be known as a person that can do lots of things, not just that they have a disability.

Can you think of five ways to describe me besides my disability?

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Have you ever seen this symbol before? It means that something is accessible, or easy to get to or use for a person with a disability. If you see it near a water fountain it means a fountain is closer to the ground so a person who uses a wheelchair can get a drink easier.

You can help people with disabilities by making sure that whenever you see this symbol that nothing is blocking the path.

Where else have you seen this symbol?

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Want to learn more about people with disabilities? Check out these books!

1. All About My Brother, by Sarah Peralta
2. All Kinds of Friends, Even Green, by Ellen Senisi
3. Amazingly...Alphie, by Roz Espin
4. Avalanche on the Prairie, by Grant McKenzie
5. Blue Bottle Mystery : An Asperger's Adventure, by Kathy Hoopmann
6. Brotherly Feelings: Me, My Emotions, and My Brother with Asperger's Syndrome, by Sam Frender
7. Eddie Enough!, by Debbie Zimmett
8. Friends in the Park/Amigos en la Escuela, by Rochelle Bunnett
9. How Smudge Came, by Nan Gregory
10. Ian's Walk: A Story about Autism, by Laurie Lears
11. I Can't Stop!: A Story about Tourette Syndrome, by Niner/Treatneran
12. Why Are You Looking At Me?: I Just Have Down syndrome, by Lisa Tompkins
13. I Can, Can You?, by Marjorie W. Pitzer
14. Taking Cerebral Palsy to School, by Mary Elizabeth

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