

## Basic Self Advocacy Activity

**Title:** Knowing Yourself

Green Mountain Self-Advocates adapted this workshop from the Speak Up! Guide developed in October 2002 by Shifting the Power, University of North Carolina, Chapel Hill, NC 27599-7255, (919) 966-5171. This workshop is to be taught by people with developmental disabilities for people with developmental disabilities.

**Set up:** This workshop is for 20 people or less. It works best if you sit at tables. Consider having snacks and drinks.

**Time:** 25 minutes

**Goals:** 1. To know what I like and don't like.  
2. To identify one or two things I would like to try to do.

**Materials:** A worksheet for each person, markers or pens, glue sticks, scissors and sheets of pictures of all kinds of activities.

**Trainers:** Before the training, the trainers need to write an introduction for themselves. They also need to practice this workshop and decide who will be teaching each section. The instructions for what to do are in black and **suggestions for what to say are in red**. We strongly recommend that you use your own words and try not to read from the script. It is better to speak from your heart. Reading from a script can sometimes sound boring. Trainers need to wear a name tag.

**Description:** This exercise results in collages created by each person and encourages the expression of likes, dislikes and opinions of the group. Some people might need more support than others do. Provide support as needed during this activity.

## Directions:

We are going to make collages. They will show a little bit of

- Who we are...
- What we like...
- What we do NOT like...

And what you want to do more of in the future.

We want you to work with the person next to you.

Look through the sheets that have pictures on them.

Choose pictures that make you feel good and express what you like to do.

If you can't find a picture, use the markers to draw your own picture or write down your likes. You can also ask the person next to you to write for you.

Put the pictures on page 1. Now we also want you to find pictures of things you don't like. Put one or two pictures of things you don't like on page 2

Trainer tip: Don't try to make a collage yourself. Instead, be available to help anyone who is having trouble. Make sure to keep track of time. Making the collages should take no more than 15 minutes. You can use magazines but it takes a lot longer.

When everyone is done bring the group back together.

Now we are going to take turns showing our collages to the rest of the group.

Tell us why these things are important.

Trainer tip: Give each person a few minutes to talk. Encourage the others to ask questions. Some people may need a little encouragement. If someone feels too shy to talk, get him or her started by asking about the images on their collage. For example, "I see that you have selected lots of physical activities. Are you an athlete?"

# What I Like

**You need to know what you want when  
making important decisions**

# What I do NOT like

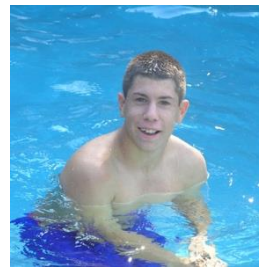
We all make decisions based on what we like and what we do NOT like. It is important to remind ourselves of who we are.



camping



hiking and backpacking



swimming



baking



horseback riding



walking or jogging



riding bicycles



sewing or quilting



tennis



baseball



football



skiing



soccer



fishing



hockey



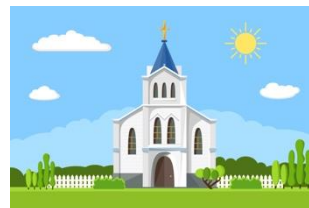
snowshoeing



NEXTEL Racing



taking care of pets



going to church



cooking



ice skating



in-line skating



playing cards



board games



dancing



painting



pottery



gardening



watching TV



going to the movies



singing



playing instruments



writing stories  
songs or poems



visiting with friends



boating



canoeing



WWE



going out to eat



making things  
from wood



photography



Snowmobiling



ice fishing



ping-pong



playing pool



Kick boxing



working out



getting massage



hunting



bowling



bird watching



motorcycles



yoga



reading the paper



gambling



learning new things



walking a dog



dating



babysitting



knitting



advocacy meetings



the beach



picnics



computers



making new friends



writing letters



taking a class



amusement parks



shopping



vacations



voting



volunteering on a political campaign



Special Olympics



conferences



public speaking



parties



bingo



staying with a friend



riding around



acting





listening to music



playing games on your phone



going to the fair



cooking a meal for a friend



giving presents



rugby



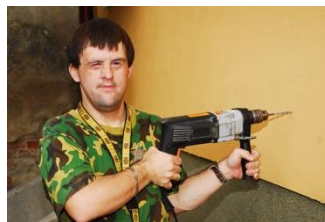
golfing



fixing machines



organize things



carpentry



sugaring



cut & stack wood



driving



collecting DVDs



getting my hair styled



going to a spa



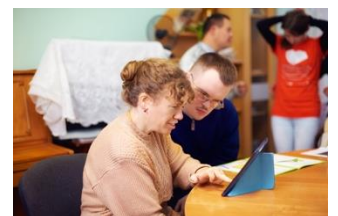
collecting things (stamps, coins, dolls)



crafts



going to flea markets



teaching



racquetball



weightlifting



mountain climbing



talking on the phone



video games



kayaking



wakeboarding



going to a self-advocacy conference



jewelry making



visiting family



speaking up at the state house



going to a concert



watching the stars



Enter a Talent Show



drumming



learn to drive



work in an office



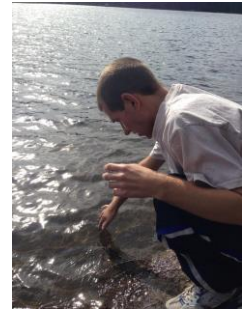
Go out for coffee



hang out with friends



save money



go to a lake



Make my lunch



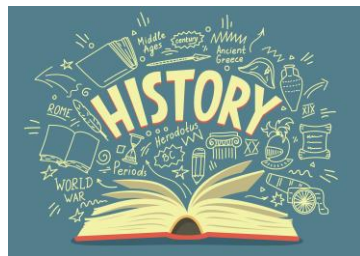
Read to Kids



karaoke



win medals



Learn about history



hold an alligator



work outside