


Flashcards

Promoting inclusion of people with additional needs

A collaboration by:  **Temasek**
POLYTECHNIC

 **Include.sg**
EVERYONE, RESOURCED

Game layout: Slap the card

- 1) One game consists of two rounds
- 2) 10 cards with the numbers 1-10 underlined and bolded will face upwards and be laid out on any flat surface at a reachable distance
- 3) Remaining cards (containing suggested answers) will be in the possession of the teacher (game master)
- 4) A minimum of 2 players and a maximum of 4 may play at one time
- 5) Teacher will call out a random number. The goal of the players is to be the first to slap the card
- 6) First person to slap the card will read out all the contents of the card, excluding question 2
- 7) Remaining students will answer question 1. The player who answers closest to the suggested answer may choose to leave the game and pick someone else to play. Alternatively, players who did not give one of the suggested answers may do a forfeit of the groups choice.
- 8) Once all 10 cards have been read out, round 2 will begin
- 9) The first person to slap the card will read out the scenario (on the left) followed by question 2 ONLY
- 10) Repeat 7)

Purpose of flashcards

- To introduce, accept and include people with additional needs into our lives (developmental and physical)
- Used as game friendly for 'normal' students and people with additional needs or just simple flashcards sharing the possible reasons as to why certain people act a certain way
- Clearing up generalizations and misconceptions to ensure that one doesn't label themselves to have a certain condition
- Reflect on actions one can take when they encounter persons with additional needs who require assistance
- Realize that some scenarios may apply to us normal people and that we are not all that different from people with additional needs



1

Scenario:

Jim can hardly concentrate on his schoolwork. He can only do it for 5-10 minutes while he chews on his pencils and bites his nails. It came to the point where his mother has to sit beside him, and monitor his work.

Some reasons behind Jim's struggle to concentrate:

- Jim dislikes doing homework
- He is anxious
- He does not know how to do his work
- Jim could have a condition known as Attention Deficit Hyperactivity Disorder (ADHD).

Question 1: How can Jim concentrate for longer periods of time?

Question 2: What could be the reason behind Jim's behavior?

Question 1: How can Jim concentrate for longer periods of time?

Question 2: What could be the reason behind Jim's behavior?



Suggested answers for question 1:

- Jim can fiddle with tiny fidget toys.
This keeps their hands occupied.
- Focus on completing small tasks.
Thinking about bigger tasks makes
studying and homework very
overwhelming.

Suggested answers for question 2:

- He dislikes doing homework
- He does not know how to do his work
- Jim could have a condition known as
Attention Deficit Hyperactivity
Disorder (ADHD).

2



Scenario:

My classmate, Jake, is getting bullied again!

He always get picked on for being quiet.

However, there was one time someone took

his pencil while he was drawing. Jake

became extremely upset. He started

screaming while pushing tables and chairs.

Possible reasons for Jakes sudden outburst:

- Jake is short tempered
- Jake could have been having a bad day
- He has a condition known as Autism Spectrum disorder (ASD)

Question 1: What can I do to stop the bullying and prevent Jake from becoming upset again?

Question 2: What could be the reason behind Jake's behavior?

Question 1: What can I do to stop the bullying and prevent Jake from becoming upset again?

Question 2: What could be the reason behind Jake's behavior?

Suggested answers for question 1:

- Tell a teacher immediately
- Advice Jake to ignore them
- Seek help from a trusted adult
- Be around him/ Keep him company

Suggested answers for question 2:

- Jake is short tempered
- Jake could have been having a bad day
- He has a condition known as Autism Spectrum disorder (ASD)



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Scenario:

Ever since I was young, I find it extremely difficult to talk to people. School is really confusing for me as I do not understand anything that is taught to me. My classmates are always learning things faster than me.

Possible reasons behind my struggles:

- I am a slow learner
- I am a timid person
- I could have a communication disorder
- I could have been born with cognitive impairment

Question 1: What can I do to ease my struggles?

Question 2: What are some possible reasons for my struggles?

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Question 2: What are some possible reasons for my struggles?



Suggested answers for question 1:

- Read books with family or friends
- Set and celebrate small goals for encouragement and motivation
- Seek professional assistance

Suggested answers for question 2:

- I am a slow learner
- I am a timid person
- I could have a communication disorder
- I could have been born with cognitive impairment

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Scenario:

Glenn dislikes PE class. His classmates would make fun of the way he runs, throws and catches things. He was also laughed at for not being able to tie his own shoe laces at primary 2. Glenn starts to feel insecure about himself.

Possible reasons behind Glenn's struggle to perform basic tasks:

- No one had taught him how to tie his shoe lace
- He was not exposed to sports as a child
- He might have a condition known as Developmental coordination disorder (DCD)

Question 1: What can you do to stop your classmates from picking on Glenn?

Question 2: What are the possible reasons that Glenn has difficulty doing simple activities?

Question 1: What can you do to stop your classmates from picking on Glenn?

Question 2: What are the possible reasons that Glenn has difficulty doing simple activities?



Suggested answers for question 1:

- Educate your classmates that Glenn may be slower to learn things or pick up new skills
- Teach Glenn how to tie his shoelace, run and throw and catch a ball

Suggested answers for question 2:

- No one had taught him how to tie his shoe lace
- He was not exposed to sports as a child
- He might have a condition known as Developmental coordination disorder (DCD)



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Scenario:

Sammy, hates reading and writing.

When the teacher asks her to read something out loud, she would stutter

uncontrollably. However, Sammy often

tends to think outside the box. She

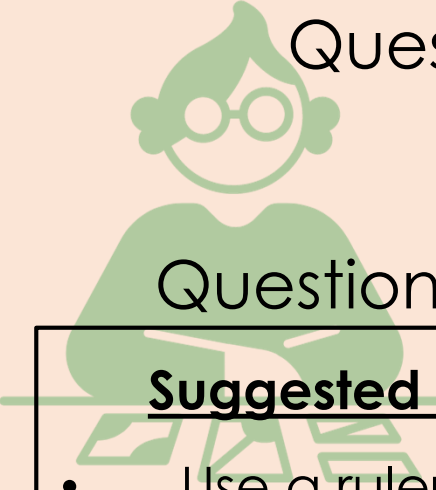
solves problems in a very unique way.

Possible reasons for Sammy's behavior:

- Sammy dislikes speaking in front of a big audience
- She is shy
- She might have a condition known as dyslexia

Question 1: How can you help Sammy in her struggles of reading?

Question 2: What are some possible reasons Sammy acts this way?



Question 1: How can you help Sammy in her struggles of reading?

Question 2: What are some possible reasons Sammy acts this way?

Suggested answers for question 1:

- Use a ruler as a guide to read words
- Encourage and congratulate her when she can read and write complicated words correctly
- Be patient with her when she makes mistakes (it's all part of learning!)

Suggested answers for question 2:

- Sammy dislikes speaking in front of an audience
 - She is shy
- She might have a condition known as dyslexia



Scenario:

Daniel always gets scolded for his untidy handwriting and spelling by teachers. His classmates groan when they get paired up with him for group work on English and Math. This was because he always scored the lowest marks on them.

Possible reasons behind Daniel's weakness in writing, English and Math:

- He does not like writing words or numbers
- He does not understand the two subjects
- Daniel could have dyslexia

Question 1: What would you do if you were in a group project with Daniel?
Question 2: What are the possible reasons behind Daniel's weakness in English and Math?



Question 1: What would you do if you were in a group project with Daniel?

Question 2: What are the possible reasons behind Daniel's weakness in English and Math?

Suggested answers for question 1:

- Be patient with him, even if he messes up (everyone makes mistakes).
 - Encourage and affirm him
- Adapt and accept his flaws (not everyone learns at the same pace)

Suggested answers for question 2:

- He does not like writing words or numbers
- He does not understand the two subjects
 - Daniel could have dyslexia



Scenario:


Martha has always been excluded in class. Classmates would make fun of the way she speaks. They also dislike the way she never looks at someone when they are talking to her.

Possible reasons why Martha acts in this manner:

- Martha is shy
- She get anxious when talking to others
- Martha has a condition known as Autism Spectrum Disorder (ASD)

Question 1: If you were Martha, how would you feel? Would you be willing to be friends with Martha?

Question 2: What could be the reason Martha acts in this manner?



Question 1: If you were Martha, how would you feel? What would you do if you were her classmate?

Question 2: What could be the reason Martha acts in this manner?

Suggested answers for question 1:

- Get to know her better (Do not judge a book by its cover)
- Include her in group projects, recess
- Encourage classmates to accept her flaws and differences

Suggested answers for question 2:

- Martha is shy
- She get anxious when talking to others
- Martha has a condition known as Autism Spectrum Disorder (ASD)

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Scenario:

My 8-year-old sister, Stella, has issues when using her fingers to perform tasks. She struggles to use scissors, write, type on computers or wash her hair. All these small and basic actions are known as fine motor skills.

Possible reasons behind Stella's struggle to perform fine motor skills:

- She takes a longer time to pick up basic skills
- She might have a condition called developmental coordination disorder (DCD)

Question 1: How can you help Stella improve her fine motor skills?
Question 2: What are the possible reasons that Stella struggles to do simple activities?

Question 1: How can you help Stella improve her fine motor skills?

Question 2: What are the possible reasons that Stella struggles to do simple activities?

Suggested answers for question 1:

- Patiently guide her to improve using her fingers to perform basic tasks
 - Seek professional help (e.g. occupational therapy)

Suggested answers for question 2:

- She takes a longer time to pick up basic skills
- She might have a condition called developmental coordination disorder (DCD)



Scenario:

Brenda always loses her things. She has lost her glasses for the forth time in the last 2 weeks. She often forgets to bring her wallet out too. Despite her flaws, Brenda was described as well-behaved, respectful but dazed, and moody.



Possible reasons behind Brenda's forgetfulness:

- Brenda is stress
- She has a weak memory
- She has a condition called Attention Deficit Hyperactivity Disorder (ADHD)

Question 1: How can you help Brenda forget things less?

Question 2: What are some possible reasons behind Brenda's forgetfulness?

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Question 2: What are some possible reasons behind Brenda's forgetfulness?

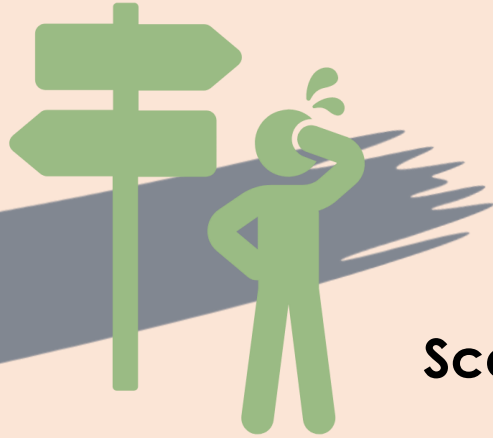
Suggested answers for question 1:

- Make a list for things to do/ reminders
- Tie a loose string to her wrist/ finger
when she has to remember
something
- Play memory games

Suggested answers for question 2:

- Brenda is stress
- She has a weak memory
- She has a condition called Attention
Deficit Hyperactivity Disorder (ADHD)

10



Scenario:

Jia En, my 11-year-old neighbor, has poor memory recall and short attention span. She also struggles with directions, and her grandmother has to pick her up everyday after school for 3 years. If not, she will get lost.

Possible reasons for Jia En's troubles:

- Jia En is a very forgetful person
- She is raised to be dependent on other people to look out for her
- She has little interest in a lot of things (hence she lacks the initiative to remember or pay attention)
- Jia En might have been born with cognitive impairment

Question 1: What can I do so Jia En becomes more independent?

Question 2: What are the possible reasons that Stella struggles?

Question 1: What can I do so Jia En becomes more independent?

Question 2: What are the possible reasons that Stella struggles?

Suggested answers for question 1:

- Encourage Jia En to exercise
 - Play memory games
- Get her to eat various types of food and vegetables
 - Celebrate small victories
 - Seek help with professionals (occupational therapists)

Suggested answers for question 2:

- Jia En is a very forgetful person
- She is raised to be dependent on other people to look out for her
- She has little interest in a lot of things (hence she lacks the initiative to remember or pay attention)
- Jia En might have been born with cognitive impairment