

Jenga with Obstacles Activity #4

Objective: Provide insight to participants as to the difficulties that can be associated with having a physical disability. This activity aligns with the challenges that can be associated with Cerebral palsy.

Materials Needed:

1. Ski gloves or other thick gloves/mittens
2. Set of “Jenga” blocks
3. Table or flat surface

Instructions:

1. Facilitator will instruct participant to put on ski gloves/mittens and facilitator will set up the Jenga blocks in a tower on a table or flat surface
2. Facilitator and participant will play a game of Jenga until the tower falls with only the participant wearing ski gloves/mittens
 - a. Facilitator note: after completing the activity ask the participant questions about what their experience was like
 - i. Example: How long would it take to go about your daily routine with gloves on? What was it like to see how you could play the game but not be physically able to because of the gloves?