

Going to a Sports for Everybody session



We are looking forward to seeing you soon at a Sports for Everybody session.

This experience can feel a little different when it is new to you.

We hope this story helps you prepare for the Sports for Everybody session.

A social story by Blue Sky Community Services

There are three games played at a Sports for Everybody session.



The games are - sitting volleyball, goalball and modified bocce.

In volleyball, I sit on my bottom and hit a beach ball over the net to people sitting on the other side.



I try to keep the ball in the air and not let it touch the ground. Sometimes it will bounce, though, and that's okay.

In goalball, I will wear a blindfold so I cannot see, and I sit next to others in a line. Other people will do the same at the other end.



I roll a ball along the ground to people at the other end. I try to stop the ball from going between the person next to me and me.

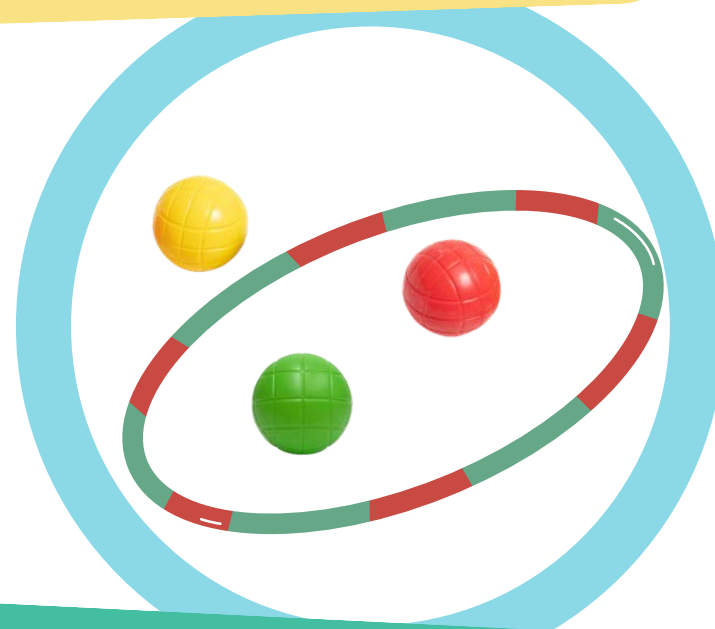
The ball has little bells in it that chime as it rolls. Since I cannot see the ball, I concentrate on listening to the bells.





In bocce, I take turns to roll a little ball along the ground toward a hoop lying on the ground at the other end.

I try to roll it just hard enough so it stops within the hoop.



I do things to challenge me, like rolling the ball with one of my eyes closed, or standing on just one leg, or sitting on a chair.

People who teach me the games are called facilitators. They are there to help me play the games and have fun.



Some facilitators might be people with disability.



They are passionate about sharing their experience and supporting everyone to be included.



It's important to remember that people with disability are people too. They just want to join in and have fun like everyone else.

It's okay to be curious and ask questions. I just need to be kind and ask things in a nice way.





If I start to feel overwhelmed
or need help at any time,
that's okay.
I just need to let an adult
know, and they will help me.

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