Resource List for Ability Awareness
SSD Family & Community Resource Center
Parent Education & Diversity Awareness
12110 Clayton Road
St. Louis, MO 63131
314-989-8460

Ages 4-8. The world is becoming more diverse, and so are the daily lives of our children. Accepting and valuing people and groups who are different from oneself and one’s immediate family is a critical social skill. This book introduces diversity and related concepts: respecting differences, being inclusive, and appreciating people just the way they are. (40 pages)

Activities for A Diverse Classroom: Connecting Students. (2003)
Offers teachers a variety of classroom activities designed to build acceptance, belonging and friendship among all students.

This little book includes big ideas and commonsense strategies that can generate powerful, positive change in the lives of children and adults with disabilities.

At the End of the Day: Lessons Learning in Inclusive Classrooms. Marquita Grenot-Scheyer (2001)
Encompasses eight case studies featuring diverse children with varying disabilities — from preschool to high school — that show how including them in the classroom affects families, teachers, and other students. These case studies, combined with the latest research, enable educators to evaluate different methods for inclusion

Katie Rodriguez Bannister survived a car accident in 1990. She began speaking to high school students about her life, and wrote this book about being a ‘woman on wheels’ This book is designed to help parents discuss a specific disability. Teachers can use it as a source of discussion about disability awareness

Ages 6-13. This book is much more than a book that teaches children about autism. It uses informative narrative and engaging activities to help them develop understanding, compassion, and appreciation for people different from themselves.

Follows five children with Autism, their parents and their acting coach as they act out a full length stage production.

Ages 8-11. Developed to foster the social inclusion of children with Autism in general education.

Ages 8-11. Developed to foster the social inclusion of children with HFA or Asperger Syndrome in general education.

Ages 12-15. Developed to foster the social inclusion of teens with Autism in general education.

Ages 12-15. Developed to foster the social inclusion of teens with HFA or Asperger Syndrome in general education.

Ages 4 and up. Tells children with autism they are KIDS with autism, as it gently pokes fun of the onerous label "autistic".
Because. (DVD)  
Public service announcement that focuses on the important role that mentors and other influencers play in helping people with self esteem and acquire the skills to excel in school and to hold responsible and challenging jobs. (DVD and Discussion Guide)

Because You Are My Friend. (DVD) (5 minutes)  
Narrated by a child, this cartoon-like video provides young children with a simple and clear understanding about epilepsy.

Ages 5-8. A book for children everywhere to see that, beyond every disability, is a person just like them – a person who might just be their new best friend.

School Age. Little Carla does not move as fast as the other children in school. Instead of helping her, they separate her from the games. Soon she is forced to stay in a cage built by the school to keep her safe from the running and playing in the playground. This only makes her feel more left out. If all of us are different, why keep Carla apart? Can her brother Alex make the others see that everyone is different in his own way? (48 pages)

Ages 7 and up. Ben invites readers to learn about ADHD from his perspective.

Ages 7-15. Meet Adam - a young boy with AS. Adam invites young readers to learn about AS from his perspective. (48 pages)

Ages 7 and up. Excellent way to start a discussion about dyslexia, in the classroom or at home. 56 pages.

Ages 7 and up. Shows family, friends and teachers how they can support someone with the condition and will be an excellent way to start a conversation about OCD, in the classroom or at home. 48 pages.

Ages 7 an dup. Illustrated book is full of useful information and will be an ideal introduction for young people, as well as parents, friends, teachers and speech therapists working with children who stammer. 44 pages.

Celebrating Diversity: A Universal Message from the Real Rain Man. National Professional Resources, Inc. (27 minutes) (DVD)  
Resource for staff development, parent training and/or for use with students in grades 5-12 as part of a character education unit. Meet Kim Peek, The Real Rain Man, observe him interact with students and demonstrate his unique gifts. Through his life's story, viewers will learn about accepting differences in others, developing tolerance and fostering a greater understanding of diversity.

Feature documentary about three children living with significant communication and physical disabilities, who struggle against the public schools in an emotional battle to prove their worth.

Taking the viewpoint of children themselves, it explores how pupils with severe learning difficulties and their classmates interact.

Choosing To Be A GFF (Good Friend Forever). (DVD) (2014)  
The voices of students with autism/ASD in 6th through 8th grade are the highlights of this 16-minute cutting-edge film.
Developing Friendships: Wonderful People to Get to Know. (DVD) (2001) (12 minutes)
Individuals with high-functioning Autism/Asperger’s offer insights into their world.

Grades 2-6. Children’s book about learning and physical disabilities teaches empathy with those who are different from them and to recognize the value of all people. (30 pages)

Disability Awareness: Do It Right! Your all-in-one how-to guide: Tips, techniques & handouts for a successful Awareness Day from the Ragged Edge Online community. edited by Mary Johnson (2006)
Includes tips, techniques and handouts for a successful Awareness Day. Short background articles and planning lists help you organize fun and effective Awareness Day activities that disability rights activist’s support.

Provides basic information about many disabilities. The resource sections point readers to books, videos and organizations that provide further information about particular disabilities.

Disability Awareness Tool Kit: We’re All Alike. We’re All Different (2005)
For elementary age students, an activity book, two DVD’s and poster.

Designed for use in an inclusive classroom, peer support program, or a volunteer program, this reproducible book shows students how to recognize and act with sensitivity toward those who are different from themselves.

Illustrates how concepts of disability have deeply shaped the American experience—from deciding who was allowed to immigrate to establishing labor laws and justifying slavery and gender discrimination.

Illuminates the extent of the problem of how disabilities are portrayed by the media while pinpointing how writers, editors, directors, producers, filmmakers, advertisers and the executives who give their marching orders go wrong, or occasionally get it right.

Disability is Natural. Kathy Snow (DVD) (2007) (7 minutes)
Explores new ways of thinking about people with disabilities. When we think differently, we’ll act differently: we can focus on ensuring children and adults with disabilities live natural lives as citizens in their communities, instead of clients in the service system.

Disability is Natural: Revolutionary Common Sense for Raising Successful Children with Disabilities. Kathie Snow. (2001)
Disability, like gender, ethnicity and age- are simply one characteristic of being human. There have been people with disabilities in the world, and there will always be. When we recognize that disability is a natural condition of the human experience, new attitudes will lead us to new actions!

Offers young women with disabilities empowering role models and the powerful message that they do not have to be or become any one thing because they are disabled and female. Gives parents and educators a unique way to help young people learn that making choices is what being disabled, female and proud is all about.

Written to provide vision, information and strategies for the inclusion of children with disabilities into general education classes. Provides definition and provides a model to train parents, educators and other to the possibilities and the vision of desirable futures for the children.
Grades K and up. Young children can find out what a disability is, and how people deal with their disabilities to live happy and full lives. (29 pages)

Written to help create understanding on how to provide emotional and physical support to students with special needs, who are being educated in an inclusive classroom setting.

Don’t Laugh At Me Kit. (video, DVD and books) (2000)
A Movement to help create safe and caring environments for all our children – where they can grow to become responsible, compassionate citizens. Includes video, DVD with songs and teacher’s guide.

Ages 4-8. Born in Ghana, West Africa, with one deformed leg, he was dismissed by most people—but not by his mother, who taught him to reach for his dreams. As a boy, Emmanuel hopped to school more than two miles each way, learned to

Everybody’s Different: Understanding and Changing Our Reactions to Disabilities Nancy Miller & Catherine Sammons (1999)
Features awareness activities that show us how we see differences and help us enrich our interactions with people who have learning differences.

Chronicles the development of her formula for presenting disability diversity training. She takes us from inner city high school classroom to corporate training rooms as she explores various methods of having people “get it” about disability.

Workbook is designed for anyone interested in working or interacting with people who are deaf-blind, whether as a guide, facilitator, interpreter or friend.

Strategies for communication with students and children.

A flexible array of materials built around a musical, which addresses the problems of exclusion, ridicule and violence and their solutions within school communities. Materials include: script, choral and string orchestra score, individual string and choral parts, classroom activity guide and CD.

How Can I Be A Good Friend to Someone With Autism / Choosing to Be A GFF (Good Friend Forever). (DVD) (2 films, 16 minutes each)
Grades K-5 & 6-8. Two films that promote autism awareness and acceptance by showing students what it is like for their peers with autism and how they can interact with them.

How Can We All Play? Severe disAbility in PE. (DVD) (2002) (35 minutes)
Witness first-hand what the staff at Grant Wood Elementary has put together over the past 15+ years with input from staff, consultants, retirees, PE teachers, families, and students to create fun, safe multi-sensory activities and equipment that encourage a friendly, positive environment where students of all abilities can and want to play together and become friends.
How Difficult Can This Be? The F.A.T City Workshop: Understanding Learning Disabilities. Rick Lavoie (DVD) (1996) (70 minutes)
Workshop simulates a classroom in which participants engage in a series of learning and language tasks headed by the workshop leader (Lavoie) who plays the role of the general education classroom teacher. The video recreates the LD experience first hand and simulates, sensitizes and enlightens adults to the pressures and frustrations experienced on a daily basis by children with learning disabilities.

School aged. Katie has significant physical disabilities which make her dependent on a Personal Care Assistant for everything, even communicating. When Katie is introduced to assistive technology, she is finally able to communicate with her new friends. As a result, the students are delighted to see her as a person with many interests and abilities, just like them. (40 pages)

I am Special: A Workbook to Help Children, Teens and Adults with Autism Spectrum Disorders to Understand Their Diagnosis, Gain Confidence and Thrive. Peter Vermeulen (2013)
Designed for a child to work through with an adult - parent, teacher or other professional.

I Have Tourette’s But Tourette’s Doesn’t Have Me. (DVD) (2005)
Children with Tourette's Syndrome, ages 8 to about 14, candidly describe what it's like to have Tourette's, a misunderstood neurological disorder. They show what their tics are like, talk about difficulties with school, social isolation, embarrassment, and feeling misunderstood and even unwanted due to the inherited condition they have no control over.

I’m Like You, You’re Like Me: A Child’s Book About Understanding and Celebrating Each Other. Cindy Gainer
Ages 3-8. Simple words and illustrations help children discover and celebrate individual differences on their level: hair, I’m Tyler (Don’t be Surprised). (DVD)
Short DVD is a fun, effective introduction to the concept of Ability Awareness for teachers, administrators, youth leaders or anyone who is around a lot of kids and cares.

In his essays, author Ido Kedar, a brilliant sixteen year old with autism, challenges what he believes are misconceptions in In My World. Jillian Ma. (2017)
Preschool- Grade 5. A simple, heartfelt story that follows the life of a child with autism through his imaginative journey as he seeks to be accepted, loved, and celebrated for his strengths and abilities. 29 pages

Elementary Age. Introduction to the world of Aspies, told from their own perspective, for the people in their lives: including family, friends, and classmates. 72 pages.

Intricate Minds: Understanding Classmates with Asperger Syndrome (DVD) (2005) (12 minutes)
Through interviews with students who have Asperger Syndrome (AS), this video offers an inside look at how teenagers with AS act, think and feel -- and how they're routinely treated.

Intricate Minds II: Understanding Elementary School Classmates With Asperger Syndrome (DVD) (2006) (16
The program includes interviews with boys and girls aged 8 through 12 who describe what it’s like to have Asperger Syndrome.

The program features interviews with boys and girls aged 8 through 12 who describe what it’s like to have conditions that make them act differently from their peers in school. They reveal some of the positive qualities classmates will find if they look past these “different” behaviors.
It's OK to Be Different. Todd Paar. (2001)
Ages 4-8. Shows readers over and over that just about anything goes. From the sensitive ("It's okay to be adopted"--the accompanying illustration shows a kangaroo with a puppy in her pouch) to the downright silly ("It's okay to eat macaroni and cheese in the bathtub"), kids of every shape, size, color, family makeup, and background will feel included. (32 pages)

Joyful Learning: Active and Collaborative Learning in Inclusive Classrooms. Alice Udvari-Solner & Paula Kluth
Promoting the concept that learners with differing abilities can learn side by side, this book illustrates how to use a practical, differentiated approach to help develop every student's abilities.

Ages 5 and up. A younger brother describes all the fun he has with the big sister he loves so much—just because, in this heartwarming picture book about being perfectly loved, no matter what.

Ages 3-8. An introduction to self-esteem. (32 pages)

Just Because I Can't Talk, Doesn't Mean I Don't Have Anything to Say. Holly Fiscus Forlenza. (2013)
The pages of this book feature words written by Holly. For almost twenty-two years, this beautiful, curious and silent woman had wisdom trapped in her body. For anyone who has ever felt silenced, oppressed, abandoned, scared and invisible, this book will bring you strength and encouragement

Keith Edward's Different Day: Different Is Just Different! (1992)
Grades K and up. Helps young children to consider differences in a positive light. (27 pages)

Practical guide shows families of children with developmental disabilities how to establish a network of non-paid people that can provide lasting relationships for their son or daughter.

What’s the best way to find out what really works — and doesn’t work — in education for students with disabilities? Listen to the experts: the students themselves

Traces the development of consciousness of disability rights pioneers who realized that in order to change the world they needed to work together to secure equal civil rights for all people with disabilities.

Ages 10 and up. Melody cannot walk or talk, but she has a photographic memory; she can remember every detail of everything she has ever experienced. She is smarter than most of the adults who try to diagnose her and smarter than her classmates in her integrated classroom—the very same classmates who dismiss her as mentally challenged, because she cannot tell them otherwise. But Melody refuses to be defined by cerebral palsy. And she’s determined to let everyone know it…somehow. (320 pages)

Out of My Tears: Searching for the Answers to Our Disabilities. Linda Young (2007)
This is a book of poems about living with disability. They are poems I wrote to help me deal with my life.

Two-volume cd-rom was produced to preserve in a usable and educational format, the history of people with disabilities and the Council's 25 year history.

Perske Pencil Portraits. (1998)
Collection of art of Martha Perske.
Please Stop Laughing at Me…One Woman’s Inspirational Story. Jodee Blanco (2003)
Tells how school became a frightening and painful place, where threats, humiliation, and assault were as much a part of her
daily experience as bubblegum and lip-gloss were for others. It is an unflinching look at what it means to be an outcast, how
even the most loving parents can get it wrong, why schools fail, and how bullying is both misunderstood and mishandled.

Possibilities, Disabilities & the Arts. Keri Bowers (DVD) (67 minutes)
Shows how we can use the arts to improve social and life skills, language, cognition, physical and emotional well-being, and
create potential career paths for those with special needs.

The Power of Words: How We Talk about People with Autism Spectrum Disorders Matters! Judy Endow (DVD)
Captures the significance and intentions of word choices when discussing people with Autism.

Purple Hair, I Don’t Care. Dianne Young (1995)
Preschool. Even when the doctor tells her that it might have purple hair, yellow eyes, green skin, and blue wings, Della
Ragon is sure she will love her baby. (32 pages)

Gives the reader a sense of what it is like to be an adolescent with ADHD. Contains up-to-date information on how ADHD
affects the lives of adolescents at home, in school, in the workplace, and in social relationships.

Rachael, Being Five. (DVD) (28 minutes)
Ages 4-8. Follows a year in the life of Rachael, who has cerebral palsy. Excellent viewing for young children, teachers and
support groups focusing on special education, disability awareness.

Rachael in Middle School. (DVD) (28 minutes)
Ages 8 and up. An extraordinary opportunity to see Rachael six years later as she enters middle school. Still an amazingly
charismatic young person, Rachael is beginning to have trouble keeping her work organized, or maybe she’s just like
everyone else trying to keep her assignments straight.

Pre-K. With brilliantly colored marker illustrations demonstrates the timeless lesson of acceptance of others. (32 pages)

Real Life Teens: Teens & Disabilities. (DVD) (2007) (18 minutes)
Grades 8-12. Teens learn the many different ways in which disabilities can manifest in people and how they should treat and
react to other teens with disabilities.

Describing more than 100 stories featuring characters who have disabilities—from physical disabilities, ADHD, Asperger’s
syndrome, and dyslexia to survivors of psychological or physical trauma—the guide points to narratives that can help make
these conditions understandable and familiar.

Encourages young people to become more tolerant of others and savor the rich diversity of America’s changing culture.

Sam’s Top Secret Journal: Book 1 - We Spy. Dr. Sean Adelman. (2012)
Middle Grades. Join Sam, a girl with down syndrome, as she embarks on her first big adventure in this mystery full of fun,
suspense and just the right amount of spying. (144 pages)

This is a story about a young man coming to accept himself, but also a cautionary tale about what happens in schools, in the
workplace, and in society when people fail to recognize that everyone is normal, just in different ways.

Soul Sunday offers families a way to explore their faith while also understanding world religions. Colorful and interactive
projects are outlined.
Interactive, educational, and character-building book that introduces children to the challenges faced by people with special needs while also supporting their personal journey toward appreciating and respecting people's differences.

Special People, Special Ways. Arlene Maguire (2000)
Grades K-2. Shares the message that even though being different is painful at times, it can also be glorious.

Special Stories for Disability Awareness: Stories and Activities for Teachers, Parents and Professionals. Mal Leicester (2007)
Ages 4-11. Collection of short stories, whose heroes and heroines are children with disabilities, will promote disability awareness and discussion among children.

Swim Team: To Level the Playing Field, They Had to Get in the Water. PBS. DVD (2017)
The parents of a boy on the autism spectrum take matters into their own hands, forming a competitive swim team, recruiting teens on the spectrum and training them with high expectations and zero pity. Watch the extraordinary rise of the Jersey Hammerheads, capturing a moving quest for inclusion, independence, and a life that feels winning. 100 minutes.

Take a Walk In My Shoes — A Guidebook for Youth on Diversity Awareness Activities. Yuri Morita (1994)
Guidebook on diversity awareness activities to facilitate cultural diversity workshops.

Combining research on families and family-centered services, text provides practical suggestions for caregivers, especially those whose children are at risk or have disabilities.

Valuing Lives: Wolf Wolfensberger and the Principle of Normalization. (DVD) (56 minutes)
Through archival images and footage, and dozens of interviews, “Valuing Lives” explores the principle of normalization, an idea that challenged our fundamental assumptions about people with intellectual disabilities, and the iconoclastic professor whose intense, multi-day workshops trained thousands of human services professionals in the theory and practice of this idea.

We Can Shine: From Institutions to Independence. Adrian Esposito (DVD) (2010)
In his search to understand his own disability, Asperger's Syndrome, the filmmaker explores what it would have been like for him had he been born in 1944. This documentary is about the state of institutions for the developmentally disabled in New York State.

We're All A Like, We're All Different: Disability Awareness Tool Kit for Elementary Students (2005)
Provides students with an opportunity to gain a greater understanding and appreciation for people of all abilities.

We're All Different. Kirsten Hall (1999)
Ages 4-8. Although children are different in appearance, they all have ten toes, favorite clothes and love to play (31 pages).

We're People First…a Celebration of Diversity (book and CD) Jeff Moyer.
A collection of songs that celebrate diversity with joyful enthusiasm and also provokes thought about issues of human unity with ballads that touch the heart. Volume I designed to be used with elementary school age children. Volume II is teenager level.

Wendy on Wheels Goes to the Zoo. Angela Ruzicka. (2010)
Ages 3-10. Emphasizes the importance of including all children in school activities.

Wendy On Wheels Takes a Stand. Angela Ruzicka. (2011)
Ages 5-11. Entertaining and educating story about dealing with bullying. Discussion questions are featured in the back of the book, along with a printable anti-bully sign.
Ages 5 and up. In this quirky story, the carrots welcome everyone, even bunnies, and accept them for being exactly who they want to be!

Ages 3 and up. Every day all over the world, children are laughing and crying, playing and learning, eating and sleeping. They may not look the same. They may not speak the same language. And their lives may be quite different. (32 pages)

Why Does That Man Have Such a Big Nose? Mary Beth Quinsey (1986).
Grades PreK – K. Famous book about differences among people and the questions children ask about them. (32 pages)

Wretches & Jabberers. (2010) (DVD) (94 minutes)
Two men with autism embark on a global quest to change prevailing attitudes about disability and intelligence.

You Are Special. Max Lucado. (1997)
Ages 4 and up. The story of Punchinello, the wooden Wemmick who believes that he isn't good enough because of what others say about him.