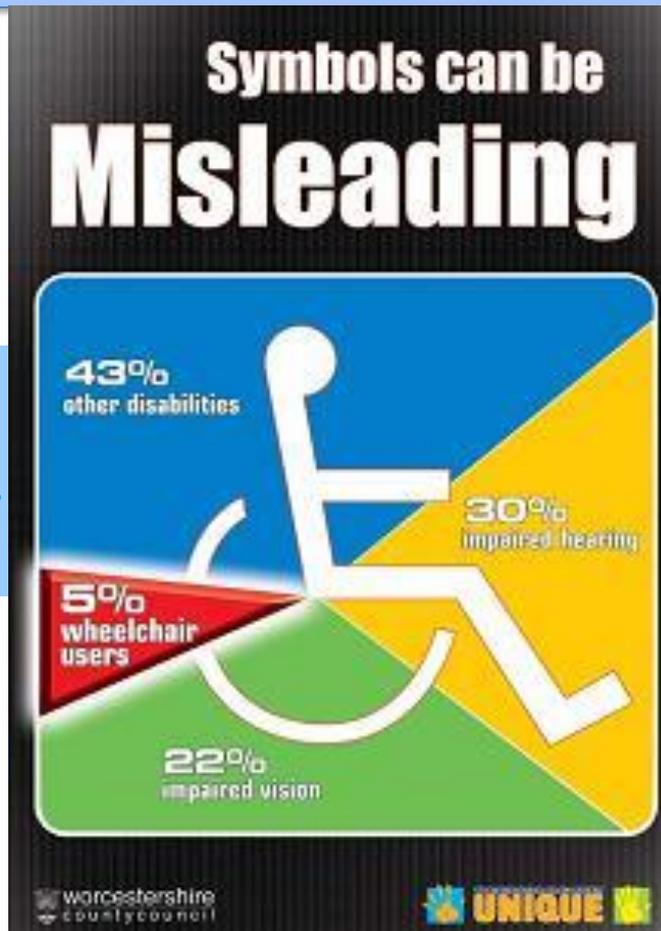


Hidden Disabilities

By Olivia
6F

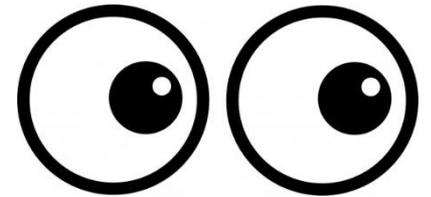


~~DISABILITY~~

A hand holding a red pen, positioned as if it has just finished crossing out the word 'DISABILITY'.

What to look out for

Whenever you might meet a person with a disability this is what they might do and act:



- ❖ **They might act a bit different to others**
- ❖ **They might take things very serious [so watch what you say]**
- ❖ **They might have strong emotions and feelings**
- ❖ **They might have difficulty doing activities**
- ❖ **You might see a helper beside the person [to help them do physical things]**
- ❖ **Some children / adults might not know how to control themselves**
- ❖ **They might appear rude or angry [but they aren't]**
- ❖ **Some might not be able to handle hard questions**
- ❖ **Some may do physical contact if they are either scared, worried or they are emotional and can't control situations [but don't take it personally]**

Dyslexia doesn't stop you reading and writing or anything else

Insomnia can affect people when they try to go to bed

SPD[sensory processing disorder] this is a big one, it affects all your senses

Autism is a mixture of everything, not liking stuff, having the same routine, likes things in particular orders and lots more

Behaviour in children with disabilities can be upsetting for people who have a sibling with disorders

Isolated, people with disabilities might feel alone because others don't understand

Love is something, I am sure, a disability person finds hard to show

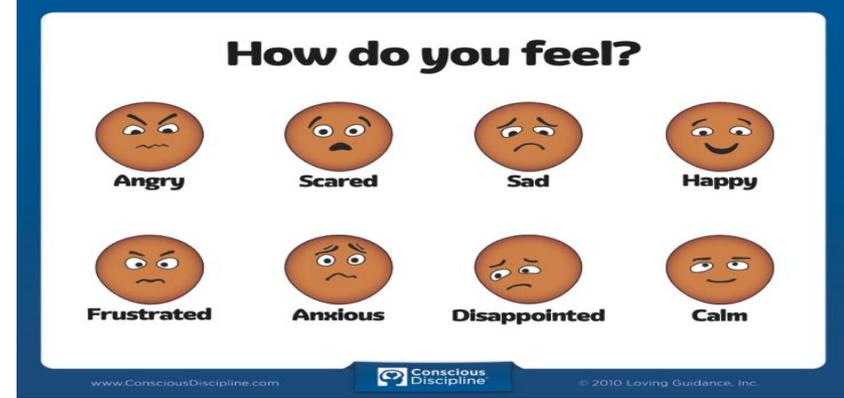
Tic is when a person moves a body part repeatedly

I think it is unique having a disability because some are very rare

Energy is something that hyperactive people have a lot of

Sign language is something either deaf or nonverbal people use to communicate

How I feel



It is very hard to deal with a sibling that has a disability and I can get into an argument very quickly with him. Some days are the best days ever because we just get along. But then obviously we have the bad days where we either have an argument, don't like each other, one of us is grumpy or even when he doesn't get his own way.

It's hard playing a game as a family because we always have to let him win. When he is angry he sometimes puts the blame on me when I have not done anything wrong. I do forgive him on every thing he does because I know he cant control it.

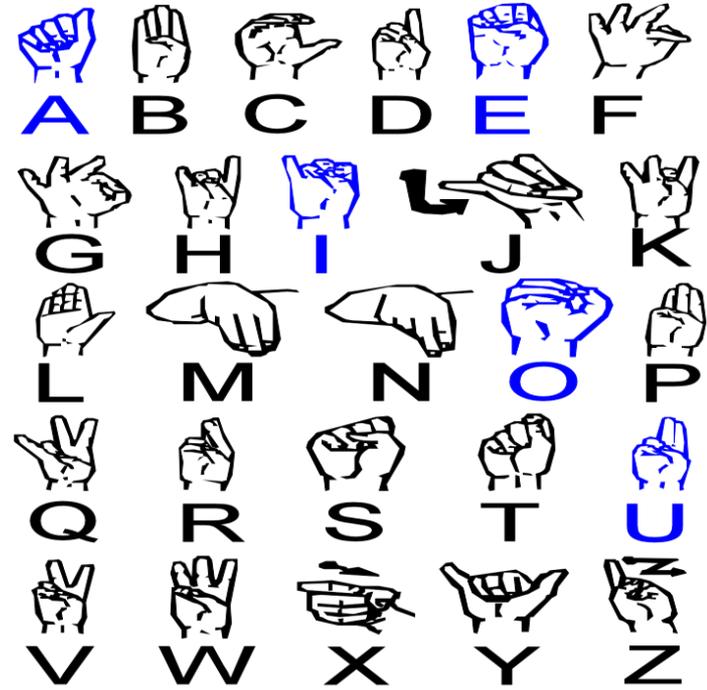
I try to keep calm when he annoys me [that is very difficult]. It is hard and sad to see him suffer and I know there is a lot going on inside his brain at the moment.

Sometimes I feel like he doesn't love me[even though I do everything for him] but I know he does inside.

I do feel very bad for my mum and dad because they have to deal with a lot for him and his brain but they are super parents and I love them lots and my brother!

Learning page

Some people have difficulty in hearing and speaking so they have to use something called sign language. This is something that you use with your hands to communicate and it is pretty hard to learn



A life of ADHD

weekends

Early morning	Might feel a bit grumpy and tired. Awake very early but won't get out of bed
Mid morning	May be a bit bored unless doing an activity
Late morning	Sometimes hangry and sometimes emotional
Midday	Anxious to get out and play and a bit hyper for some people
Early afternoon	Sometimes a bit bored and wants technology
Mid afternoon	Maybe all different emotions
Late afternoon	Playing eg: toys, outside or on a tablet, computer, phone or TV
Evening	Usually very hungry for dinner and a bit tired but not wanting to go to bed