



Changing Perspectives
Promoting Awareness & Inspiring Empathy

6-8 Disability Awareness Newsletter

Spotlight on Learning Disabilities

Disability Is Diversity

Your child is participating in a curriculum that focuses on understanding disabilities to support empathy development. Through a variety of activities in this unit, students will learn how a person with learning differences may experience the world. This newsletter offers information to help you continue your child's learning about this topic at home.

Speaking of Learning Disabilities

Learning disabilities are invisible differences that affect how a person understands and interprets information.

Different areas of our brains work better or are stronger than other parts, so learning certain subjects or material is easier for some people than it is for others.

Some people who experience difficulty learning may have a disability that creates challenges for specific subjects or tasks. For example, *dyslexia* is a learning disability that affects a person's ability to read, while *dyscalculia* is a learning disability that makes it more difficult for people to understand numbers and math.

Reinforce your child's understanding of learning disabilities by discussing the differences among dyslexia, dyscalculia, and dysgraphia. Look at the three words and compare how they are spelled. How are the symptoms of these disability similar and different?

In the Know

Learning disabilities didn't stop many athletes, singers, actors, and artists from living their dreams! Olympians Michael Phelps and Simone Biles live with ADHD. Actors Keanu Reeves and Keira Knightly have dyslexia. Even inventor Thomas Edison had difficulty learning in school.

Extra! Extra! Read All About It!

The Self-Help Guide for Teens with Dyslexia: Useful Stuff You May Not Learn at School by Alais Winton is a resource for students, teachers, and parents.

Try some of the techniques or strategies Alais describes to support reading, spelling, memorization, and time management.

Change Begins With You

Consider using multiple methods when giving someone instructions or directions. For example, draw a diagram as well as giving written steps. Record your words or actions so someone can review the information multiple times or at their own pace.

Changing Perspectives is a national, educational, 501(c)3 nonprofit organization that works with schools to promote social-emotional learning to cultivate inclusive and equitable communities for all students.

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