

North American Inclusion Month

NAIM

BUILDING AN INCLUSIVE JEWISH COMMUNITY

Sensitivity Training

(Appropriate for grades 5th and up)

“Learning Styles”

In this session the group could be broken up into 3 groups or they can all be in the same group. The groups are all going to learn how to fold a napkin:

Step 1:

Everyone in the group is given a napkin. The group must follow the directions that are read to them NO visual cues are given. The group then needs to try to fold the napkin.

Step 2:

Someone models how to fold the napkin (NO verbal cues).

Step 3:

Directions are written on a paper that they must follow.

Follow up group discussion:

- Raise your hand if you found listening to the directions easiest to follow.
- Raise your hand if you found modeling the easiest to follow.
- Raise your hand if you found reading the directions easiest to follow.

Notice how not all of the people found the same way easiest, everyone has weaknesses and strengths.

Discuss how everyone has different strengths and needs, that in some way we all have a disability but that it is important to use our strengths and to realize that the method that is easiest for one is most difficult for others.

Materials needed

Napkins

Written directions of Napkin folding



For more information contact:
Yachad, The National Jewish Council for Disabilities



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Folding Napkin Directions

1. Lay napkin flat on the table
2. Fold the napkin in half vertically
3. From the bottom of the napkin, fold the napkin up one inch
4. Continue folding, back and forth, accordion style- until you have folded 2/3 of the napkin, leaving 1/3 unfolded
5. Flip the entire napkin over so that the accordion folds are facing the table and the not folded side is facing you
6. Fold the entire napkin in half vertically
7. Fold the top, the unfolded section in half so that it meets the accordion fold, making a shape of a square
8. Take the top right corner of the unfolded section and fold it diagonally into the middle of the accordion so that it is tucked in
9. Place the fan upright so that the accordion fans out



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