**Bumper Stickers**

**Space Requirements:** Enough room for each student to work in their own area.

**Equipment:** Construction paper folded hotdog style, stickers, glue sticks, markers, anything else that can be added as a crafty way to make their bumper sticker

**Group Size:** 30 people or less (also depends on supplies you have)

**Alternative:** This can be an activity you go back to at the end of the classes to ask if they would like to add anything or change anything to their bumper sticker. (they might decide to disclose their disability as they have found more community or pride).

**Accommodations:** This is a great activity a group that has low reading level, or short attention spans (younger youth, intellectual disability groups, groups that are new to each other). Remember you may have to assist those that are unable to manipulate items that are small. You can ask those that have a device to create something electronically too.

**Program Goals:**

1. To understand self-actualization and to increase confidence.

2. To decrease the use of society pressures added to us by ourselves and peers.

3. To self-identify as a person with disability.

**Program Description:**

**Preparation**

Have all supplies with you and ready to disperse in an accessible manner.

**Instructions:**

Discuss with the group how the labels (person with a disability, girl/boy, Christian/Jewish, straight/LGBTQ+, etc.) are something society puts on us. Now is a time we can make our own label. Bumper stickers are on the back of a lot of cars and it is something they believe in or they are proud of. They want to “advertise” about themselves. If they could make their label of what they are proud of what would that look like to them?

Give them about 10-20 minutes to decorate and make this bumper sticker something they can share with the whole class. Have each person present on their bumper sticker.

Note: If you have them add their names this could also be used as name tags during the classes to assist facilitator with names