



Learn With ESS

Disability Awareness and Team
Cohesion Program
Education | Sport | Speaking

ABOUT US

Learn With ESS is a workshop initiative that aims to challenge individual and societal perceptions surrounding disabilities. We focus on Education, Sport, and Speaking based activities to provide participants with a unique and interactive experience that promotes team cohesion whilst addressing stigmatised issues surrounding disability.

EDUCATION - LEARN AND ACQUIRE KNOWLEDGE AROUND DISABILITIES.

SPORT - FEELING AND EXPERIENCING LIFE WITH A CHALLENGE

SPEAKING - LISTEN TO AN INSPIRATIONAL AND MEMORABLE LIFE JOURNEY



**'CHANGING HOW SOCIETY OFFERS
A HELPING HAND.'**

Primary School Programme

Full School Assembly

Learn With ESS is committed to amplifying the voices of individuals with a lived experience of a variety of disabilities and challenges. By sharing their stories, participants have the chance to ask questions, gain a profound understanding, be inspired, and engage in reflection.

The assembly offers staff and pupils the opportunity to hear a memorable life journey of someone who has overcome challenges through embodying skills of empathy, kindness, resilience, respect, and responsibility.

A fantastic way to demonstrate your school values in an interesting and engaging way that will capture the attention of all present.



Dex The Disability Dinosaur (Infants Workshop)

This workshop is specifically for younger pupils, targeting classes from Reception to Year 2. Introducing Dex! Our giant, friendly mascot who helps everyone better understand disability through the power of show and tell. In his backpack are objects relating to sensory impairments and invisible disabilities such as, hearing aids, a long white cane, and many more to start a powerful discussion around disabilities.

Everybody will then get up and active to experience a loss of a sense through the use of blindfolds and ear defenders.

Ending the session with a powerful read of a book linking to the importance of being kind to others!

Junior Workshop

The Juniors workshop is tailored for Years 3 to 6.

Practical Session

Embracing the principles of reverse inclusion, the practical part of the workshop provides pupils and staff with the chance to immerse themselves into the world of someone's life with a disability. Through competitive sports-based activities and games using blindfolds, ear defenders, and, wheelchairs. A lively and interactive atmosphere is created, enhancing everybody's understanding of individuals with disabilities, fostering increased empathy, communication skills, and team cohesion.

This session will take place in a sports hall/playground and is inclusive for everyone regardless of their ability levels. The STEP principles will form the basis of the session and will help to build a rapport between coaches and participants to leave a memorable and unique experience that will build on the knowledge learnt from the day.



Theory Session

The classroom element of the workshop focus's on pupils and staff acquiring an understanding of disabilities through collaborative group tasks and discussions. This will cover topics such as:

- Braille
- British Sign Language
- Societal prejudice
- Challenges
- Adaptations
- Inclusion
- Careers and entrepreneurship

This part of the workshop is instructive, playing a crucial role in providing all with a comprehensive understanding of life with a disability from a person with lived experience and ensuring they obtain valuable takeaways.

GET IN TOUCH

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'The children and staff really were so inspired and definitely found more empathy and understanding of how challenging life can be but how to overcome those challenges.'
Zaira Cook, Primary School Headteacher



'It has really opened my mind to lots of opportunities around my place of work and personal life where small changes can be made that will have a positive impact on people.'
Gavin Astley, Carrs Pasties



'This hands-on experience fostered empathy and understanding, breaking down barriers and promoting inclusivity. A powerful reminder that we can all learn and grow together.'
Lorrana Scodeler, Local London

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