

Stories for SODAS

Review the following stories and use the SODAS activity to: 1.) identify possible solutions and; 2.) choose one or two that will work best.

Order or Else

Your mom calls you the most disorganized kid in the world. You always lose your homework, leave your coat at school and have to run around to collect your assignments at the last minute. Even then, you often forget where they are. Your teacher has told you that you have to come up with a plan to keep track of your homework or you will have to stay after school to do it. She says it is fine to ask your friends to help you come up with a solution, but you have to find one that will work for you.

What ideas can you identify and which one is most likely to work?

Getting to Know Hugh

Hugh is a new student who just joined your class in the middle of the school year. He is quiet when he comes in and it isn't until the teacher calls on him in class that you realize that he uses facilitated communication. With the help of a support person, he types his answers into his iPad and then the iPad voices what he wrote. Everyone starts whispering when they see this happen. One of your classmates has a sister who uses facilitated communication but no one else has seen it before. You want to get to know Hugh but his disability makes you nervous.

What can you do to get to know Hugh?

Body Blows

Yesterday someone pushed you in the hallway and a bunch of kids laughed when it happened. It happened again this morning. The same kid pushed you out on the sidewalk and a bunch of others laughed while others looked away. You are about to see your best friend and decide to talk to him about what you can do.

What options can you and your best friend come up with?

Facing the Shadows

You are assigned to read a chapter about Native American history. The chapter talks about abuse in residential schools, and you are very uncomfortable because this happened to your grandfather. He was taken away from his family to go to a residential school for Indians, told not to speak his language and abused. He doesn't talk about it but sometimes your mother remembers or someone brings up stories like this at family gatherings. When you talk about it with a few friends, one of them mentions that her sister was abused at a school for people with disabilities. The reading has brought up a lot of feelings for both of you. You would like to do something to stop things like this from happening again.

What can you do?

Tips to Help You Find the Right Solutions

It is OK to get help from others.

It is OK to include information gathering as a step toward a solution.

Think about what is doable for you or what will make an option doable.

It is OK to say that this idea won't work for me/us and look for another way.

Be honest about barriers.



The SODAS activity was developed by Jan Rosa in 1973. This version is adapted from "Speak Up for Yourself and Your Future," a curriculum of the UVM Enabling Futures Project:

Furney, K.S., Carlson, N., Lisi, D., Yuan, S. 1993. Enabling Futures Project, Department of Special Education, University of Vermont. 405A Waterman Building, Burlington, VT 05405-0160.