READY!
SET!
GO!
Produced by the Consumer Program Advisory Council (CPAC) of the Wyoming INstitute for Disabilities (WIND), College of Health Sciences, University of Wyoming whose members are:

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This coloring book is dedicated to “Gramma” Hester Dowler and Scott Livingston, members of CPAC who have passed away since the creation of the first coloring book. Their perspective and insight into the lives of people with disabilities will always be valued by the members of CPAC.

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READY!  SET!  GO!
coloring book

Story development by members of
The Consumer Program Advisory Council of the Wyoming INstitute for Disabilities
College of Health Sciences
University of Wyoming

Illustrated by Josef Buchanan
Hi, my name is Sam
TODAY IS THE FIRST DAY OF SCHOOL
Welcome Back Students!

GOOD MORNING, CLASS.
I'M MRS. JONES
There are some new kids in class this year.

LET'S ALL SAY HI TO SALLY
WHO WAS THAT MAN WITH YOU, SALLY?
HE HELPS ME LEARN.
WHY DO YOU NEED HELP?
Sometimes I mix up numbers and letters. My mom says it's called dyslexia.
WHAT'S THAT?
SOMETIMES I HAVE A HARD TIME READING.
Quiet Please.
Math Test in Progress

\[
\begin{array}{c}
3 \\
\times \\
4 \\
\hline
6
\end{array}
\]

AND SOMETIMES I DON'T UNDERSTAND MATH.
Today after school, Jack and I are going swimming. Do you want to come?
JACK, CAN YOU SWIM?
SURE!
I CAN DO JUST ABOUT ANYTHING
MOM, I MET THE COOLEST GIRL IN SCHOOL TODAY!
This coloring book was developed and produced by the Consumer Program Advisory Council (CPAC) of the Wyoming Institute for Disabilities (WIND), College of Health Sciences, University of Wyoming with the intention of stimulating awareness about disabilities among young children.

The second book, Ready! Set! Go!, focuses on Sam and Jack and their new friend Sally, who has a learning disability. Future books will feature other children who have disabilities, such as hearing impairments, brain injuries and visual impairments.

We hope that the coloring book will be used to provoke discussions about the acceptance of persons who are different than us and that differences in others is a natural and desirable part of life. A good place to start is to discuss “People First Language”.

People First Language is easy to Learn - people come first before their disability. If we use words that put the disability before the person, we tend to only see the disability, not the many characteristics that make up the person. Here are examples of positive phrases and negative phrases. Note that the positive phrases put the person first.

<table>
<thead>
<tr>
<th>Positive Phrases</th>
<th>Negative Phrases</th>
</tr>
</thead>
<tbody>
<tr>
<td>A person who uses a wheelchair</td>
<td>Wheelchair bound, confined to a wheelchair</td>
</tr>
<tr>
<td>A person with mental retardation</td>
<td>Retarded person</td>
</tr>
<tr>
<td>A person who is blind; People with a vision disability</td>
<td>The blind</td>
</tr>
<tr>
<td>A person who is deaf; Persons with a hearing disability</td>
<td>Suffers a hearing loss, the deaf</td>
</tr>
<tr>
<td>A person who has multiple sclerosis</td>
<td>Afflicted with MS</td>
</tr>
<tr>
<td>A person with cerebral palsy</td>
<td>CP victim</td>
</tr>
<tr>
<td>A person who is unable to speak</td>
<td>Dumb, mute</td>
</tr>
<tr>
<td>A person with a disability</td>
<td>A disabled person, handicapped</td>
</tr>
</tbody>
</table>
The Consumer Program Advisory Council (CPAC) of the Wyoming INstitute for Disabilities (WIND) is a group of individuals with disabilities and family members working together to create educational resources for disABILITY awareness for Wyoming citizens.

The CPAC holds quarterly meetings to create, organize and distribute its awareness projects. All members of the CPAC are also members of the larger WIND Advisory Committee which advises WIND on policy issues and the needs of persons with disabilities.

**WIND Mission Statement**

“The mission of the Wyoming INstitute for Disabilities is to assist individuals with developmental and other disabilities and their families to achieve their desired quality of life by promoting and supporting full community inclusion, community membership, independence, productivity and social participation.”

**Comments and Suggestions**

Comments and suggestions on this coloring book project (its usefulness, suggestions to make it better, ideas of topics for future books, etc.) are welcomed and encouraged. Please send your comments and suggestions to:

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