

Expressing positives/negatives – Guidelines for use with individuals or groups of people with a learning disability

Materials needed (all image files can be downloaded from the website):

- Wall space
- Blue/white tack, pens
- Thumbs (in members' colours)
- Arrows (white)
- Gradient poster: ideally, this should be printed professionally in colour in A0 size, cut in half lengthways (roughly 420 by 1189mm), and then laminated as two separate posters (otherwise, use the largest paper available - e.g. A3).

General principles:

- Everybody chooses a card colour, which is their colour for all activities.
- For people with colour-blindness, their name or initials should be written on the cards, or a small photo of them can be glued in the middle of the cards. For people with no vision, thicker cards should be used.
- If the activities in the toolkit are regularly used by a group, they become a shared language that everyone can learn to use and understand.

How to use the materials:

1. Put the GRADIENT white-black poster on a wall or board. White should be at the top.
2. Teach everyone that white/up is good and down/black is bad.
3. Give everyone 2-4 THUMB cards in their colour.
4. Everyone says something good (positive) about the topic and writes it (with help) on a THUMB up card.
5. Everyone says something bad (negative) about the topic and writes it (with help) on a THUMB down card (turn thumb card upside down).
6. Everyone puts their thumb cards on the gradient poster to show how good/bad (positive/negative) they feel about the topic (so, very good is put at the top, very bad is put at the bottom, a little bit good/bad somewhere in the middle).
7. People with no verbal ability show if something is good or bad overall by placing their up/down THUMB cards in the white-black part of the poster.
8. The poster can be left on a wall for everyone to see or a photograph taken of the poster.

GROUP DISCUSSION

In a more able group, the gradient poster can help a discussion about how to solve a problem:

1. Put the GRADIENT poster sideways on the wall so the black section is on the left and the white section is on the right.

2. Choose one of the bad THUMB down cards that describes a problem and place it on the black section (on the left).
3. Use THUMB up cards to write what a good solution/outcome would be for this problem and place the cards on the white section.
4. Use ARROW cards to write possible ways to get from the problem to the solution and place them in the middle.
5. This can be repeated until all the problems have been discussed.

If you have used any of the activities, please help us to continue developing our toolkit by filling in our short survey on the website, or by emailing Lisa El Refaie (RefaieEE@cf.ac.uk) with your feedback/suggestions.