

National AccessAbility Week and **Red Shirt Day** 2022

May 29 to June 4, 2022

Easter
Seals
Timbres
de Pâques

Celebrate, Take Part, and Show Your Support!

- On Red Shirt Day (Wednesday, June 1, 2022), wear red with your family members and post your selfie or group photo on social media with the hashtags **#RedShirtDay**, **#RedForAccessAbility**, **#EasterSeals**. In your post, share the reason why you have chosen to wear red and participate in Red Shirt Day, and what you pledge to do in the year ahead to enhance accessibility and inclusion in your home, workplace, schools, or community.
- Print out colouring sheets available at www.RedShirtDay.ca to engage your young children or students in discussion about disabilities and inclusion, and read relevant books.
- Choose a book written by an author with a disability for your next book club.
- With your children, create positive messages of support for people and families living with disabilities, and your commitment to accessibility and inclusion and put them up on your windows.
- Educate yourself. With your friends, colleagues or family members, read books, watch films, documentaries or TED Talks that feature persons with disabilities or which touches on topics related to disability, accessibility and inclusion. Then have a discussion about what you have read or watched. For suggestions of children's and adult books and movies, visit www.RedShirtDay.ca
- Think about accessibility in your home, workplaces and community spaces. How are they accessible and in what ways are they not? What can you do to help make spaces, policies, programs and activities more inclusive and accessible?
- Get Involved! Look up your local Easter Seals or other organizations serving people with disability in your communities. Sign-up to volunteer, donate or organize your own fundraising event to help enable these organizations to provide services in support of people and families with disabilities.

For more information and resources, visit www.RedShirtDay.ca

