

National AccessAbility Week and Red Shirt Day

Suggested activities for the week of
May 28 to June 3, 2023

Wear Red and Make a Pledge

On Red Shirt Day (Wednesday, May 31, 2023), wear red and post a selfie or group photo on social media with the hashtags [#RedShirtDay](#) and [#RedForAccessAbility](#). Share why you are wearing red, and what you pledge to do in the year ahead to enhance accessibility and inclusion in your home, workplace, school, or community.

Raise Awareness with Positive Messages

Get creative by writing positive messages of support for people living with disabilities and their families. Write them on the sidewalk with chalk or decorate posters to put up on your windows and doors or hang from your fence, deck or anywhere outdoors where they can't be missed!

Colouring for Kids

Print out colouring sheets available at [RedShirtDay.ca](#) to engage your children in discussion about disabilities, accessibility and inclusion.

Bring Disability Awareness to Book Club

Choose a book written by an author with a disability for your book club to read and discuss. [Click here to check out Easter Seals' list of recommended books.](#)

Host a National AccessAbility Week Watch Party

Invite friends, family or colleagues to watch films about disability, accessibility and inclusion. Then have a discussion about what you watched. [Click here to find suggested films about disability.](#)

Make an Action Plan

Think about your home, workplaces and community. How are they accessible and in what ways are they not? Make a plan of things you can do to make spaces, policies, programs, etc. more inclusive and accessible.

Get Involved

Look up your local Easter Seals or other organizations serving people with disabilities. Sign up to volunteer or donate to help these organizations provide services in support of people with disabilities and their families.

For more information and resources, visit [RedShirtDay.ca](#)

