



Someone Like Me

ART COMPETITION

Win fantastic prizes
to the value of over
€1,000 for your school!

Prizes will be awarded to:

- * 1 Junior Winner **Per County**
- * 1 Senior Winner **Per County**
- * 1 Overall Junior National Winner
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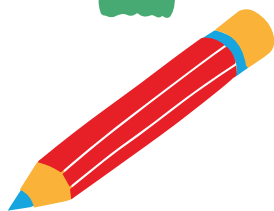
Did you know
there are

TWO WINNERS

chosen per
county?

**Deadline
for entries:**

November
14th 2025



Visit our website

www.SomeoneLikeMeCompetition.ie

for more information, additional lesson plans,
activities and the new Parents' Corner

You can also share your entries online by tagging
#SomeoneLikeMe on social media

Terms and Conditions apply
visit www.SomeoneLikeMeCompetition.ie | someonelikeme@realnation.ie
#SomeoneLikeMe, C/O Real Nation, 94 Lower Baggot Street, Dublin 2, D02 XN82

NDA

Údarás Náisiúnta Michumais
National Disability Authority



Someone Like Me: Junior Lesson Plan

Junior Infants to 2nd Class

Can You?

Get pupils to ask 'Can You?' questions. For example, 'can you ride a bike?', 'can you swim?'. After each pupil has asked a question, the teacher relates these questions to disabilities asking the pupils questions such as 'can a blind person swim?', 'can a wheelchair user ride a bike?'

Relate this game to those with non-visible and intellectual disabilities such as asking pupils if a person with autism can swim. Use the teacher's disability fact sheet to explain these disabilities to the class

Class Discussion

In pairs one child puts on a blind fold and his/her partner has to help them to carry out a simple task. Similarly other pairs can experiment with one person wearing ear defenders and their partner whispers an instruction. Other pairs can experiment with one partner being unable to move around or being unable to communicate

How did you feel as the person who couldn't see/hear/talk move?
How did you feel as the partner?

Ideas for the Main Part of Your Lesson:

- * Teacher stands at the board creating two lists: visible disabilities and hidden disabilities and asks the pupils what disabilities might fall under each heading. Ask pupils how we might be more inclusive of people with disabilities?
- * Explain that Sensory Rooms or Calm Spaces might be used to help some children. Discuss these if you have them in your classroom. Question children on how and why they might be used. Ask them what they would like in their sensory room
- * All kinds of humans!
 - * Do you know anyone really tall?
 - * Do you know anyone really small?
 - * Do you know someone who can sing?
 - * Do you know someone who can't sing?
 - * Do you know anyone who can walk?
 - * Do you know anyone who can't walk?
 - * Do you know anyone who can't see very well?
 - * What do you find easy to learn?
 - * What takes you a long time to learn?
 - * See, we are all different. No two people are the same, just like you may be able to ride a bike and someone else can't we all have things we may or may not be able to do. Ask pupils to list out what they can or cannot do
- * Invite pupils to draw a two large eyes emoji or picture. In those eyes, pupils can draw a lasting image they have from the lesson. A display can be created and a creative writing activity can follow entitled 'I See You', where the children draw and write about disabilities that people may have, one visible and one non-visible

Objectives:

- * Appreciate and respect similarities and differences in people
- * Develop pupils understanding of visible, non-visible and intellectual disabilities

Curricular Links:

Wellbeing – Myself and others / Myself and the wider world

Visual Arts – All strand units

Literacy – Oral language development

Drama – to explore feelings, knowledge and ideas, leading to understanding

Get Creative!

After engaging with this lesson plan and accompanying activity sheet, explain to the pupils that they are now going to create a piece of art based on what they have learned. This can be titled **#SomeoneLikeMe**. Entries can be individual, in groups or an entire class entry. You can draw, paint, print, use clay, construct a 3D structure, use fabric and fibre, create a collage... Let your creativity flow!

Optional: For more activities check out www.someonelikemecompetition.ie

To enter:

Send in your entry and completed entry form to **#SomeoneLikeMe**,
C/O Real Nation, 94 Lower Baggot Street, Dublin 2, D02 XN82

You can share the message of '**#SomeoneLikeMe**' with a school display, by holding an art exhibition, or on your school website! Share your creative process with us by using **#SomeoneLikeMe** on Instagram and Facebook!

[f @someonelikemecompetition](https://www.facebook.com/someonelikemecompetition) [@someonelikeme_art](https://www.instagram.com/someonelikeme_art)

