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This I Believe

Kate Sullivan

The College at Brockport

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I believe children with disabilities inspire all of us; they shine a light on what is reality and teach us to value what we have and not what we don't and deserve to be treated as equally. In order to do this we must encourage inclusion and advocate for children with disabilities to make everyone aware of how capable they can be. I've had many people come into my life that have made an impact on my outlook on life but every time I meet someone with a disability I am inspired to be a better person. Children with disabilities don't feel any remorse for themselves, but we go day by day feeling bad for ourselves for the smallest things.

I will never forget the reason why I became so passionate about this field; the first day I met Teddy I knew exactly what I wanted to do with my life. Teddy is 6 years old with severe Down syndrome, and still to this day the smartest child I have ever met and I don't mean intellectually. Every Tuesday Thursday I would go down to my elementary school in my hometown and work with another physical education teacher. We would work on Teddy's basic skills such as, throwing, catching, running, and skipping. It was the most rewarding thing to see his face light up when he caught a ball, or he threw a ball through a target; he was full of sheer excitement, it was an exceeding feeling I wasn't getting from a physical education class. I'll always remember the comment that made Teddy my hero; we were walking to class when we both overheard a kid say to his friend "he looks funny." It was something so little but really frustrated me to no end. I told Teddy not to listen to them and that they were immature boys, he responded "Coach Kate nothing they can say will ever matter to me, I love who I am." I can't describe how inspired I was from that moment on, someone whose life is impaired for the rest

of his life looks at himself as his own hero. He instantly became mine, he inspired me to not only love myself but I have so much love for kids with disabilities solely because they have more heart than any person I've met. I remember going to the bathroom later and just tearing up and calling my mom because of how much Teddy's comment impacted me. Teddy never let his disability stunt his way of carrying out his life. He truly inspired me to look at life as a bigger picture.

I believe children with disabilities inspire all of us; they shine a light on what is reality and teach us to value what we have and not what we don't and deserve to be treated as equally.