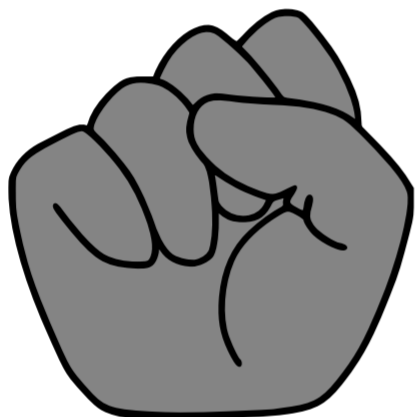


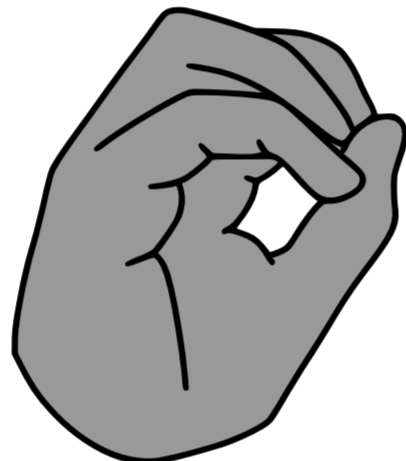
welcome to

ACTIVITY
BOOK

CLUB



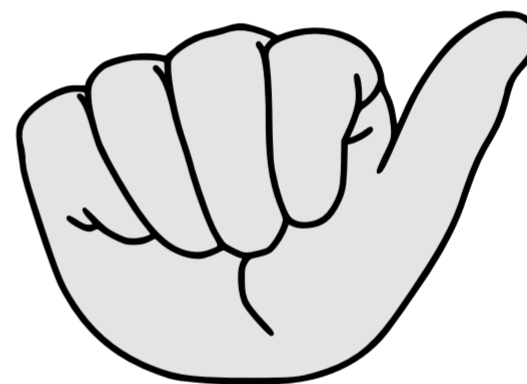
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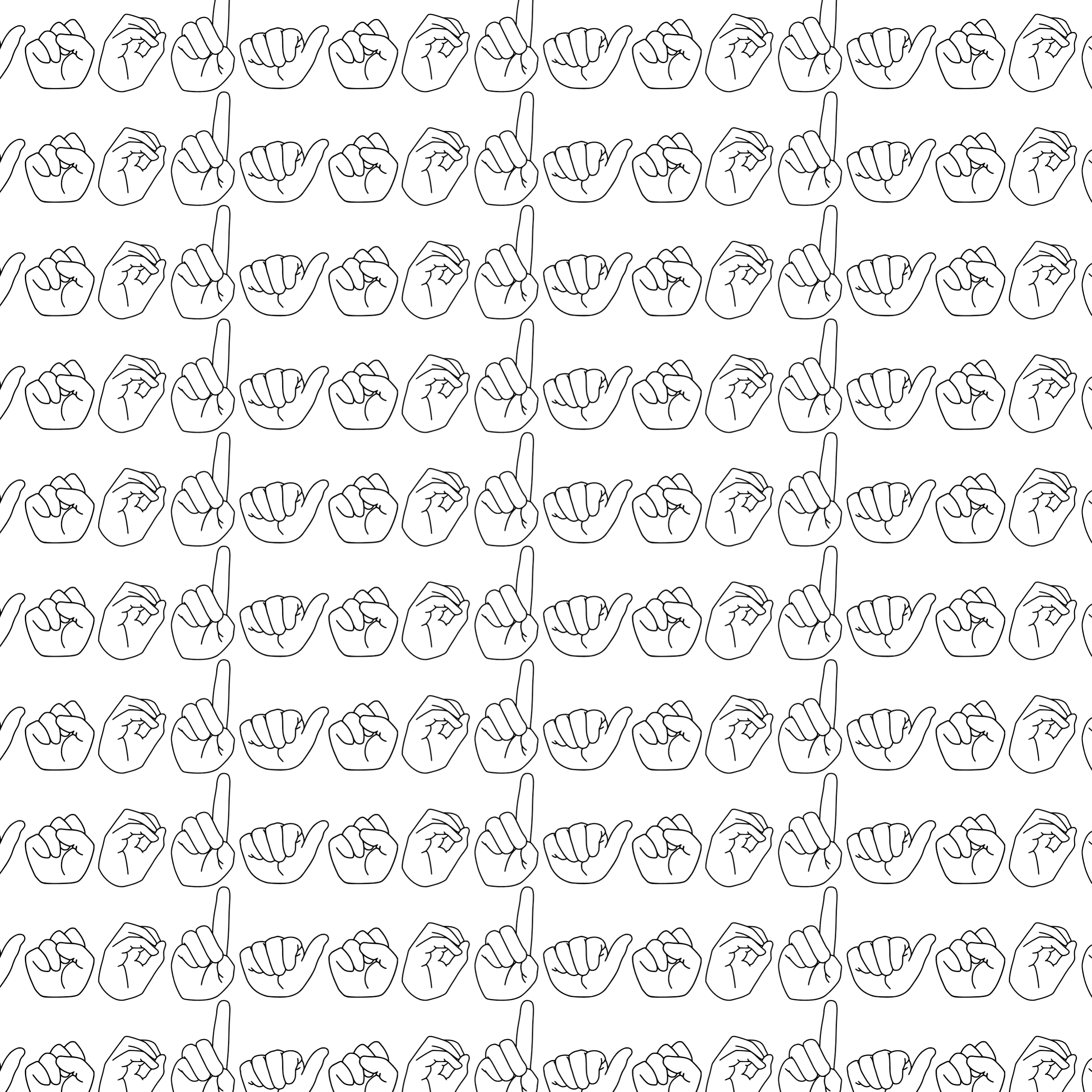
D.



A.

WAYS OF WELCOMING HEARING SIBLINGS INTO THE
DEAF COMMUNITY TO ENCOURAGE FEELINGS OF
ACCEPTANCE, BELONGING, AND LIFELONG ALLYSHIP

BY ARIELLA KNIGHT




THE CLUB SODA ACTIVITY BOOK:

WAYS OF WELCOMING HEARING SIBLINGS INTO THE
DEAF COMMUNITY TO ENCOURAGE FEELINGS OF
ACCEPTANCE, BELONGING, AND LIFELONG ALLYSHIP

BY ARIELLA KNIGHT

The contents of the Club SODA Activity Book such as text, graphics, and other material are for informational purposes only. The content is not intended to be a substitute for professional advice, diagnosis, or treatment. Always seek the advice of your mental health professional or other qualified health provider with any questions you may have.

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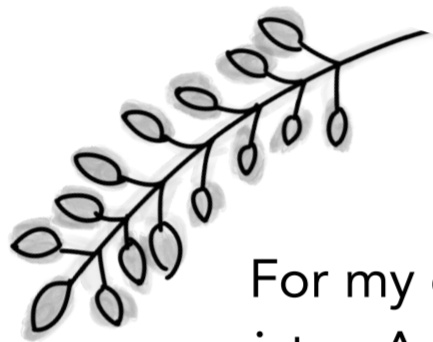
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Book concept, design, illustrations, and writing by Ariella Knight

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For my own dearest SODA, Opal, and to her sparkly little
sister, Azia, who opened our world to the Deaf community.
And to Jon, who makes it all possible.



For the Grownups

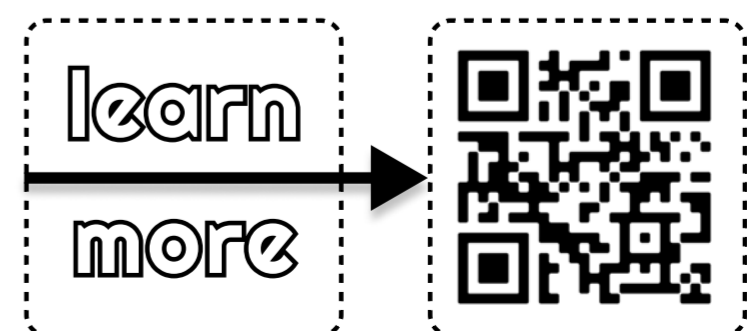
I would like to acknowledge the work that Deaf schools, Deaf mentors, clubs, organizations, and many other individuals do on a daily basis to welcome new families into the Deaf community. This project is meant to work in co-collaboration with these efforts and to provide an additional way for people to become aware of more resources.

Welcome to Club SODA! This book is about welcoming hearing siblings (SODAs) to the Deaf community to encourage feelings of belonging and allyship during a time of family transition. This work emerged as part of my Industrial Design MFA thesis project at Rochester Institute of Technology and continues to be a living project: growing and evolving over time. You can use the QR code at the bottom of this page to discover the most updated version.

My research has shown a variety of opportunities and challenges can emerge when a Deaf child is welcomed into a family. In this book, I focus on three potential root obstacles for a SODA: feelings of belonging and acceptance, communication, and the differential impact of caregivers (or the balance of time and attention given to each child).

Some of the activities in this book are loosely based on Acceptance and Commitment Therapy. ACT is a therapeutic methodology where a person works towards well-being by embracing current realities through mindfulness and reflection. Others work emerged through the research and design process. The bridge-building block toy as presented at the these show is an opportunity to “process through play” some of the more conceptual ideas. This idea can be replicated at home with simple blocks. The American Sign Language graphics are not meant to be teaching tools, but rather to encourage excitement and curiosity in the reader.

My hope is that affirming SODAs and celebrating Deaf communities are positive ways to support Deaf/Hard of Hearing kids, hearing kids, and the entire family! Enjoy!



How To Use This Book

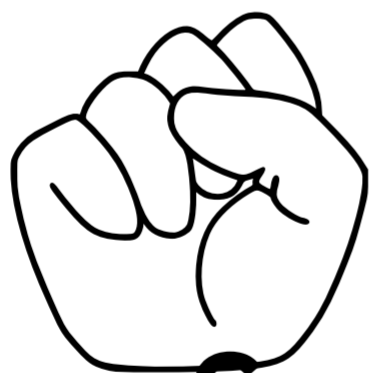
The pages in this book are best done with a caregiver and SODA together, but anyone in the family can join in. The activities and resources are designed to build on each other; however, you can always make your adventure and do whatever order you would like.

Mostly, have fun with it, and remember there are no wrong answers or feelings! Acceptance is a process and there are big concepts and themes addressed in this book. Hopefully, opening the door to these ideas will make better communication and well-being possible for the whole family.

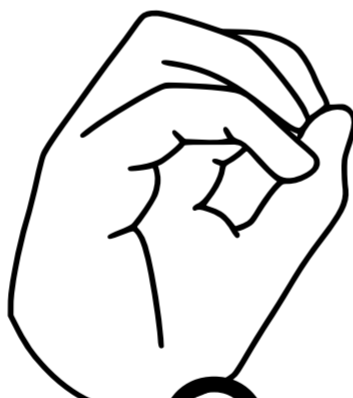
HI FRIENDS!

welcome to

CLUB



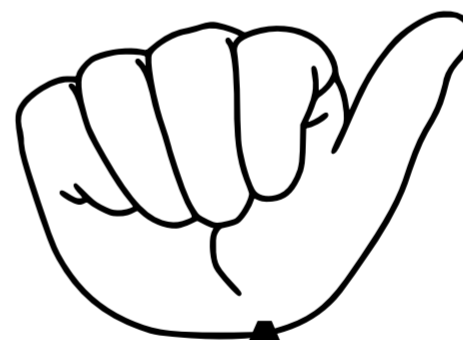
S.



O.



D.



A.



WOO HOO!
alright!!
incredible!

Wait a minute....

what's a
S.O.D.A.?!?!?!?

Great Question!

S.O.D.A. is the acronym for a Sibling of a Deaf Adult/Child. That means if your sibling is Deaf or Hard of Hearing then you are a part of the Deaf Community too! Isn't that cool?!

What about other family members?
Are they included?

Another Great Question

Absolutely! Other family members may identify as C/KODA (Children/Kids of Deaf Adults), and GODA (Grandchildren of Deaf Adults).

Or, more simply - ODA: Of Deaf Adult/Child. There are, after all, lots of people that make up a life!

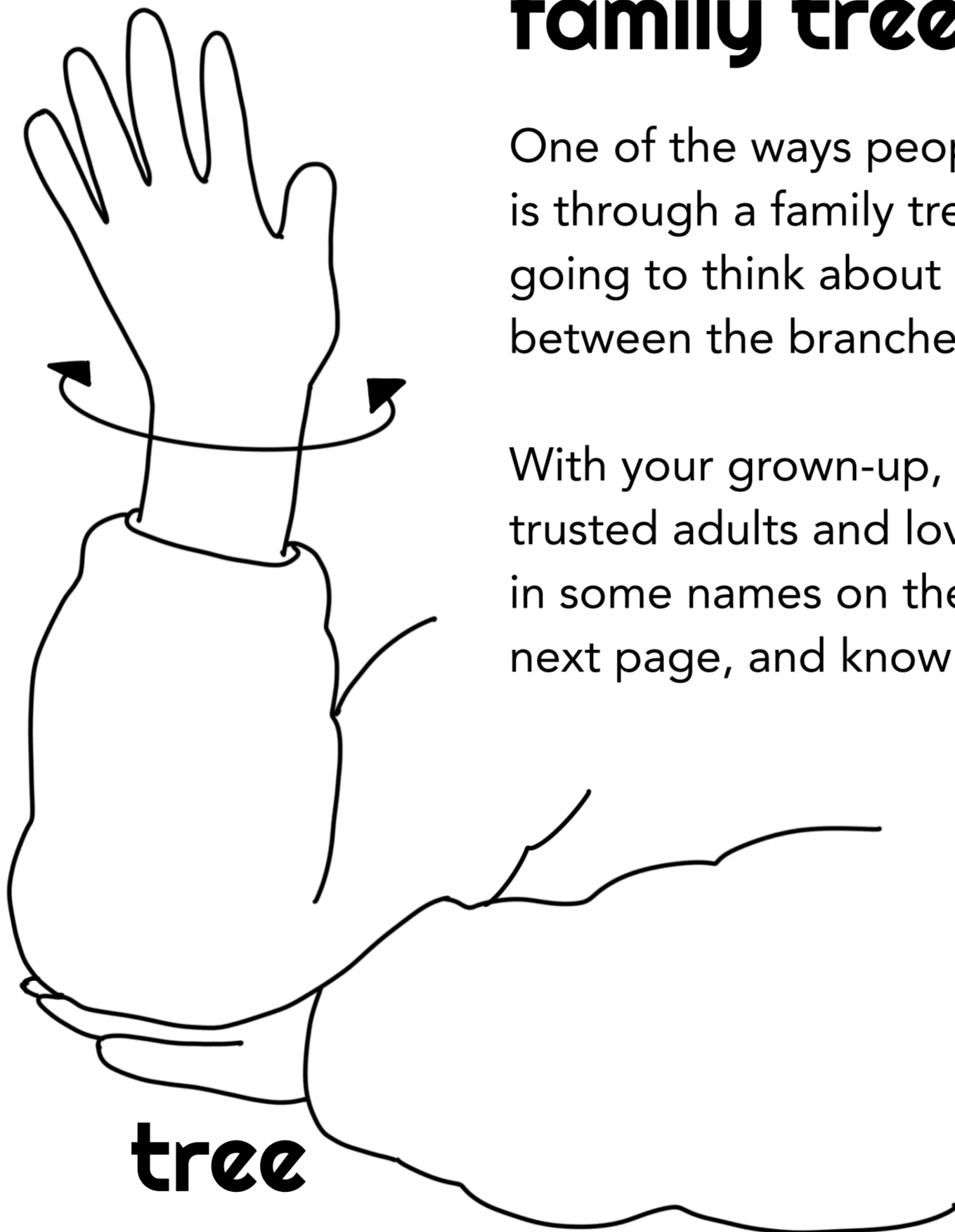
Ok!

...but how do I even
start to think about a
new community?

Have you ever made a family tree?

One of the ways people think about their family is through a family tree. In this book, we're going to think about community like a web between the branches of that tree.

With your grown-up, chat about some of the trusted adults and loving friends in your life. Fill in some names on the Community Web on the next page, and know that it is always growing!



[Redacted]

[Redacted]

[Redacted]

me

[Redacted]

[Redacted]

[Redacted]



Callout 1

Callout 2

Callout 3



Callout 4

Callout 5

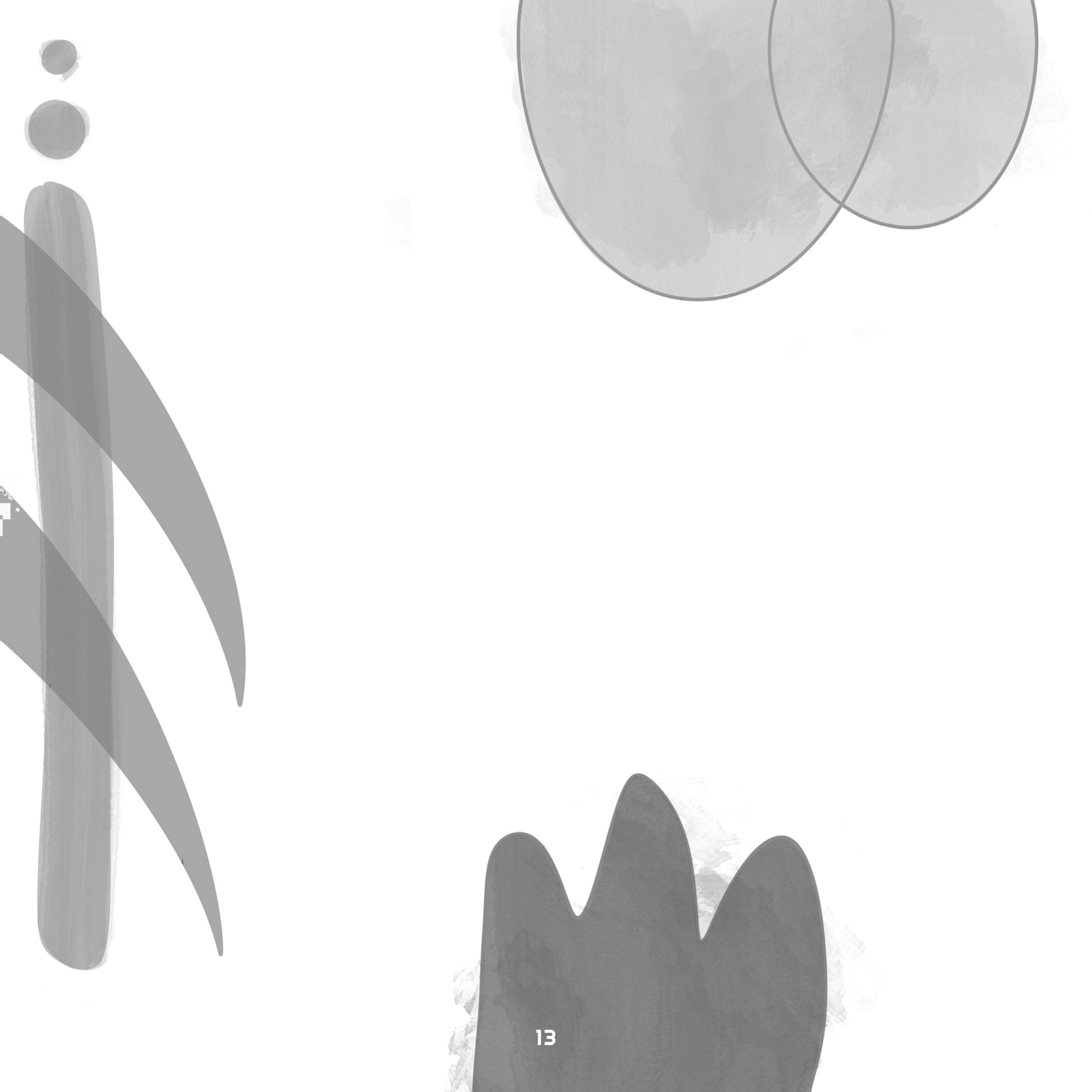
Callout 6

Callout 7

Callout 8



Communities nourish so many positive aspects of a person's life. From friendship and play, to support and belonging. What are ways that communities have a positive effect on you? In what ways could you give back to your community? You can draw or write some ideas on the next page.



PHEW! That was a
lot of info.

I need a break!

Good Idea! Let's both take a break!

I'm going to close my eyes and take 5 deep breaths to help quiet my mind.



*smell the flowers
(breath in)*



*blow out the candles
(breath out)*

I do feel better now.

So... now that I am a part of the Deaf community, what should I know?

Well...

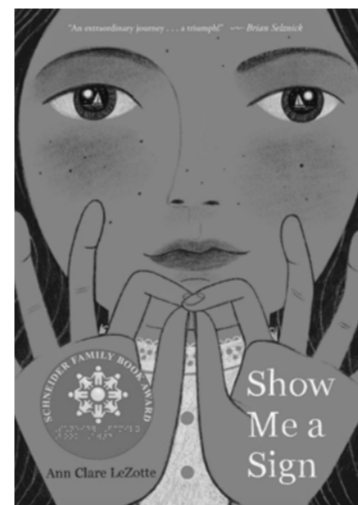
Lots of things! Like any culture, it can't be contained in a little book like this. Learning from Deaf people is the best way.

Below are some resources and places where you and your family can start learning together. More books by Deaf authors available [here](#).

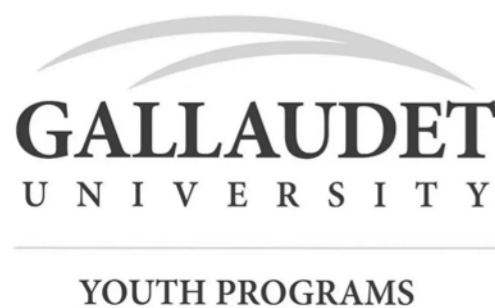
Local Deaf Schools



Books



Camps



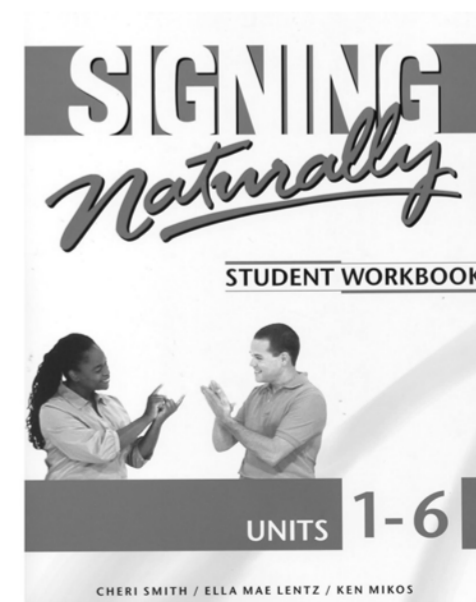
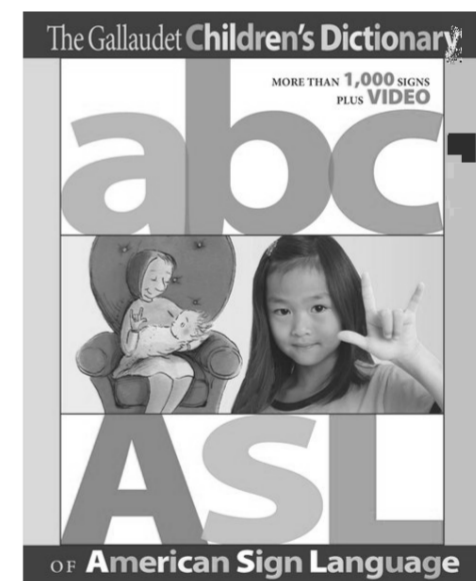
Organizations



ASL

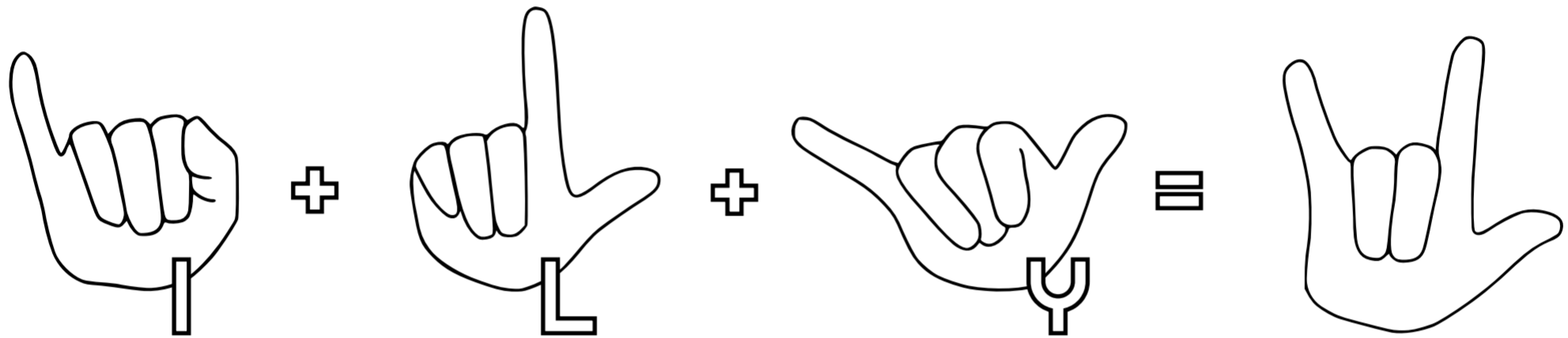
One of the most important parts of Deaf Culture and community is a common visual language. In America, that language is called American Sign Language (ASL).

Again, ASL is best learned from a fluent Deaf adult. Many Deaf schools like Rochester School for the Deaf, Rocky Mountain Deaf School, and Texas School for the Deaf have amazing YouTube channels with lots of signed stories. Here are some additional ASL app and book learning resources:



You are so loved!

The "I Love You" sign is probably the most iconic ASL handshape. Did you know the sign is made up of the ASL letters I, L and Y?



Check out some of these Deaf Creatives and their version of ILY:



I've learned a lot!

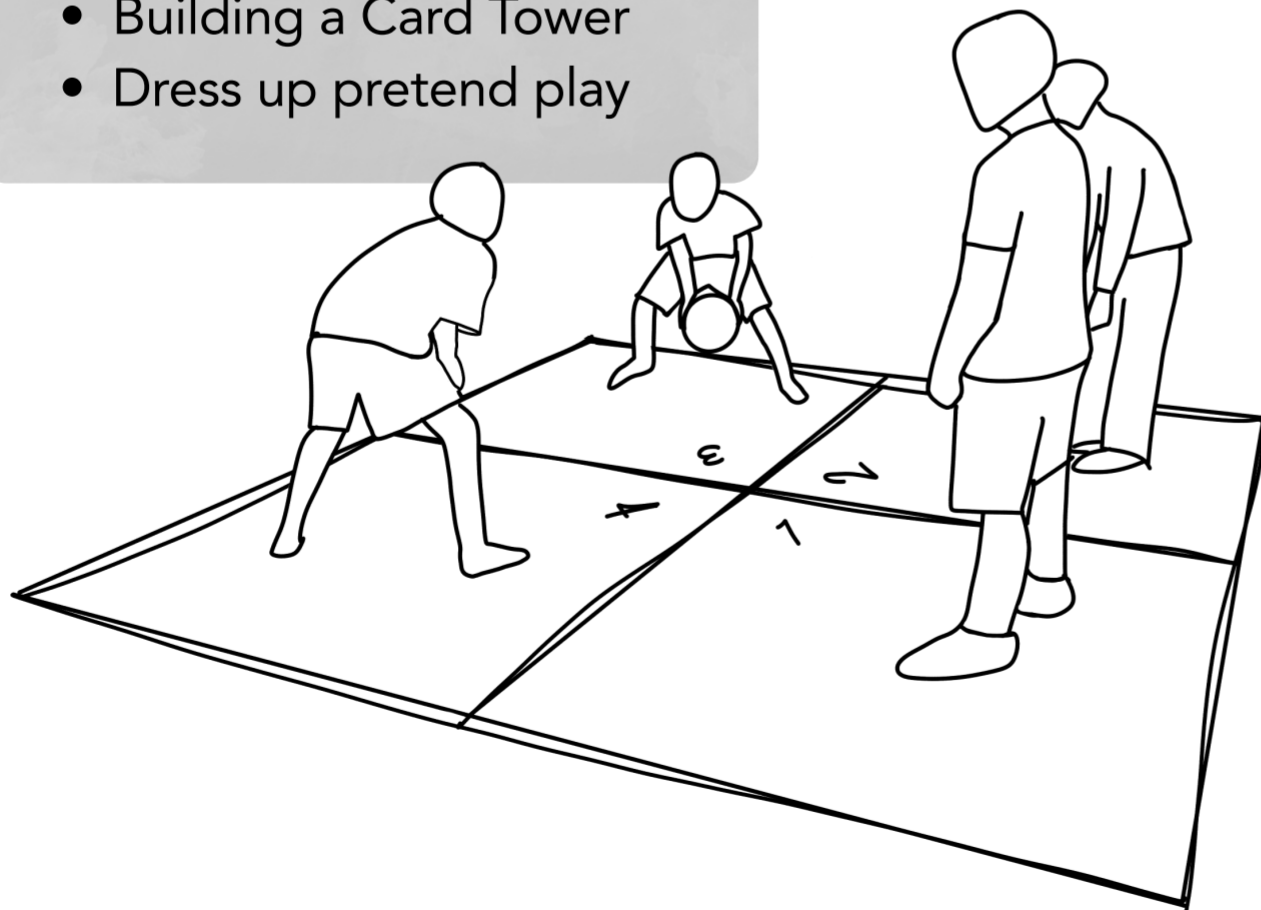
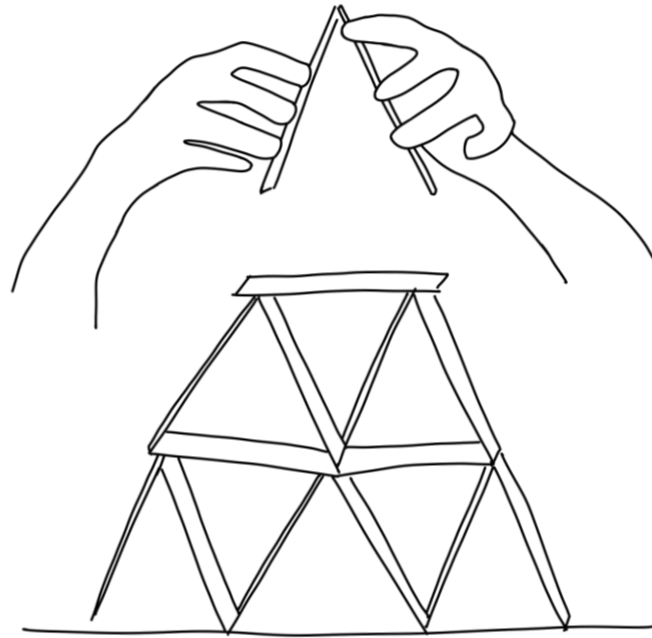
Is there anything else
that could help me
play with my sibling?

You know it!

Below are some great games you can play with your siblings and friends. Remember, many of these games only need a few words to play and can be a great way to practice language and connection.

INSIDE GAMES

- Bridge building blocks
- Memory
- Collaborative Drawing
- Twister
- I Spy
- Candyland
- Pictionary
- ASL Bingo
- Building a Card Tower
- Dress up pretend play



OUTSIDE GAMES

- 4 square
- Follow the Leader
- Hide and Seek
- Throw and catch
- Caterpillar Tag
- Obstacle Course
- Fort building
- Freeze Tag
- Kickball

Get to Know Us

Sometimes family members spend so much time together it can be easy to assume that they know each other really well. Even if you do know your sibling, interviews can be a fun way to spend time asking specific questions and learning the answers. Make it a tradition and interview your family members and ask them to interview you to find out what changes over the years!



Date _____

Interview

Name of Interviewer _____

Name of Interviewee _____

What is your favorite game to play and why?

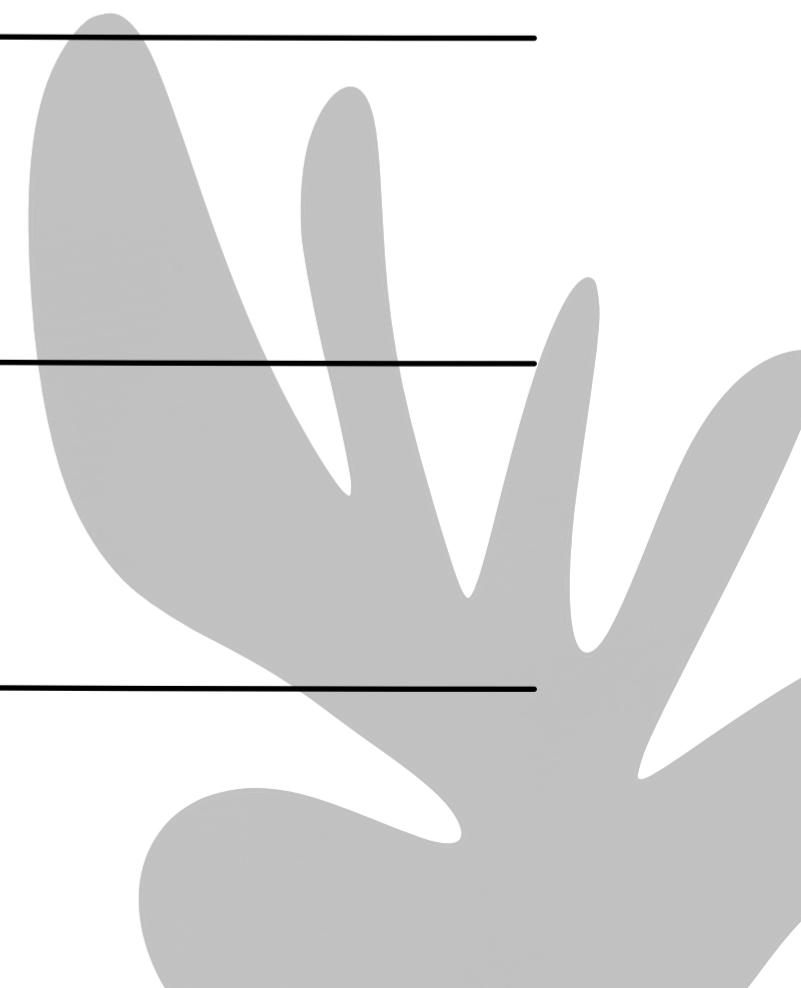
If you could visit anywhere in the world, where would it be?

What's your favorite story? Who is your favorite character? Why?

Is there anything that worries you?

What makes you feel cozy and safe?

What's one thing that you wish I knew about you?



Communication



A common phrase in the Deaf community is “there is no wrong way to be Deaf.” Whether your sibling uses technology (like hearing aids or cochlear implants) to provide access to sound or not, your family is figuring out ways to make sure everyone is able to understand and communicate well.

These ways could be something like always using your hands when communicating even if you are still learning sign language, making sure only one person talks at a time, or always getting your siblings’ attention before communicating.

Chat about some communication guidelines with your family. What have you discovered? Are there areas where you need more support? Write your ideas below.

These ideas are really helpful!

Also, sometimes I just want to be by myself with my grownup.

Special Ticket Time

That is so common! Many kids want to fill their cup by having one on one time (special time) with their grownup(s). On the next page fill in the Things I Like Matrix and pick some activities you can do together for Special Time (remember, your sibling gets Special Time too).

**CUT OUT A PAPER
RECTANGLE AND TAPE THE
SIDES AND BOTTOM TO THIS
PAGE. USE IT AS A POCKET
TO HOLD YOUR TICKETS!**



special time

special time

special time

special time

special time

special time

special time

special time

special time

special time

special time

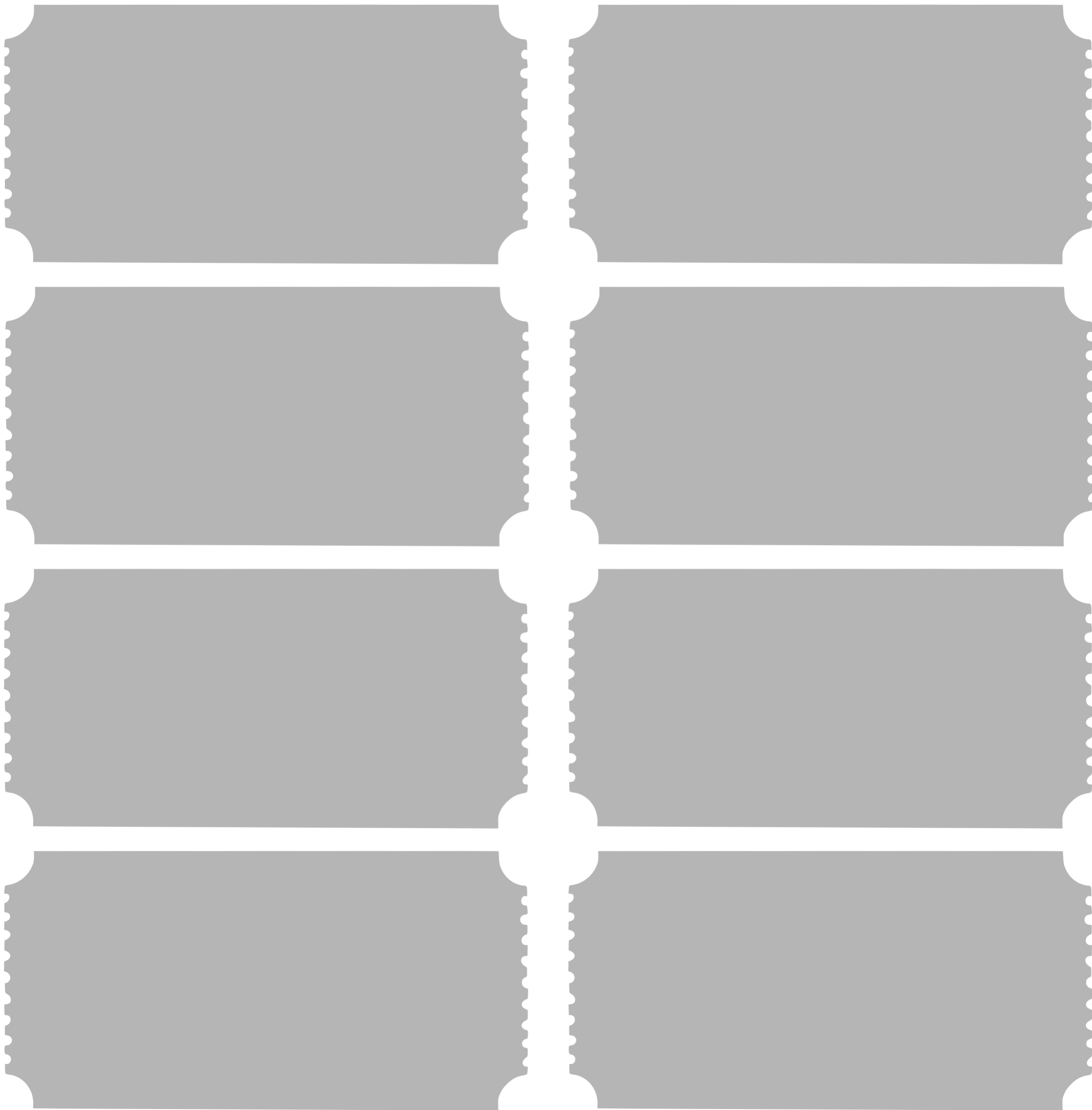
special time

special time

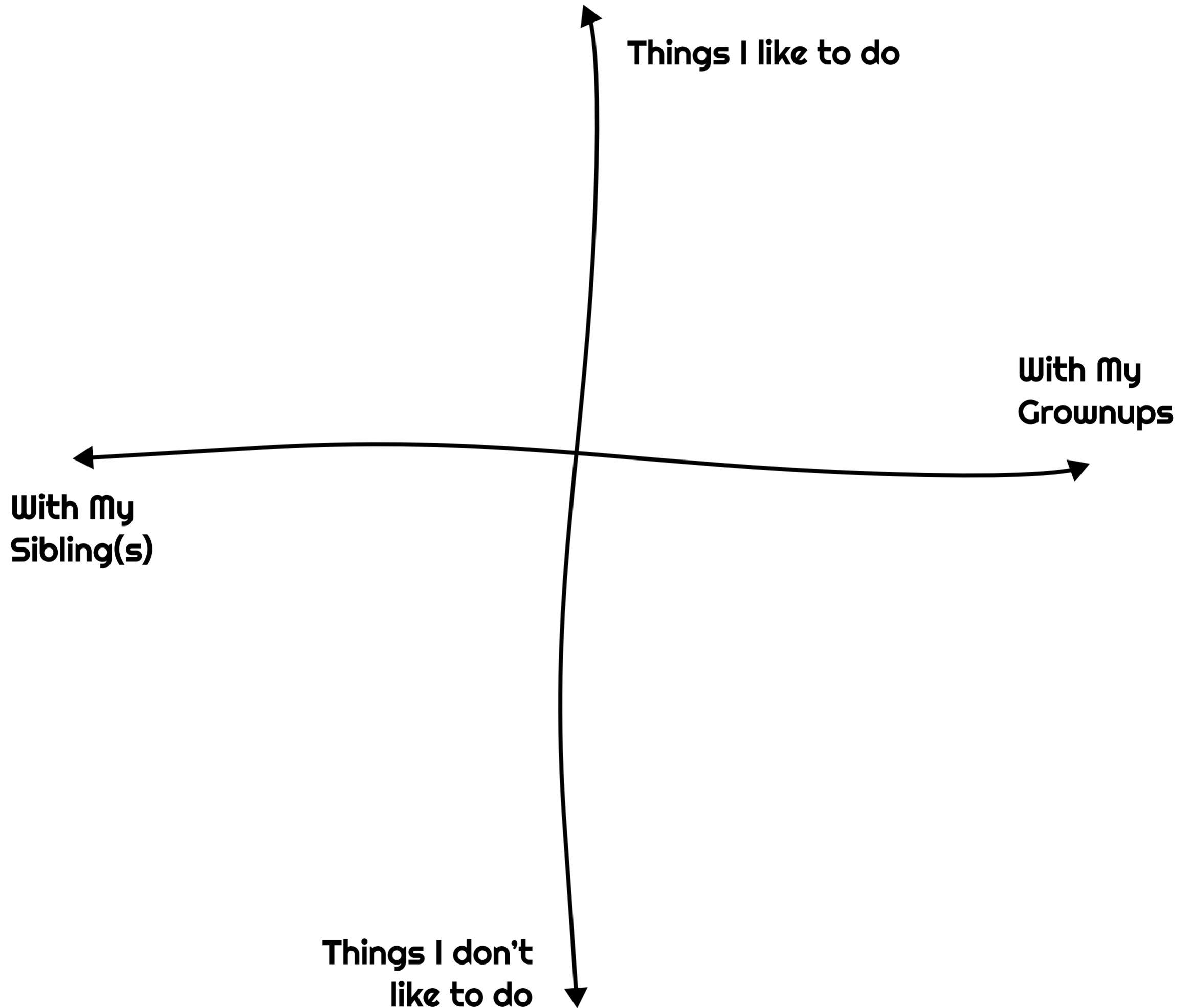
special time

special time

special time



Things I Like Matrix



Schedule Special Time

Put in on the calendar! Putting regular special time on the calendar can be a great way to make sure everyone gets their turn.

MONTH						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

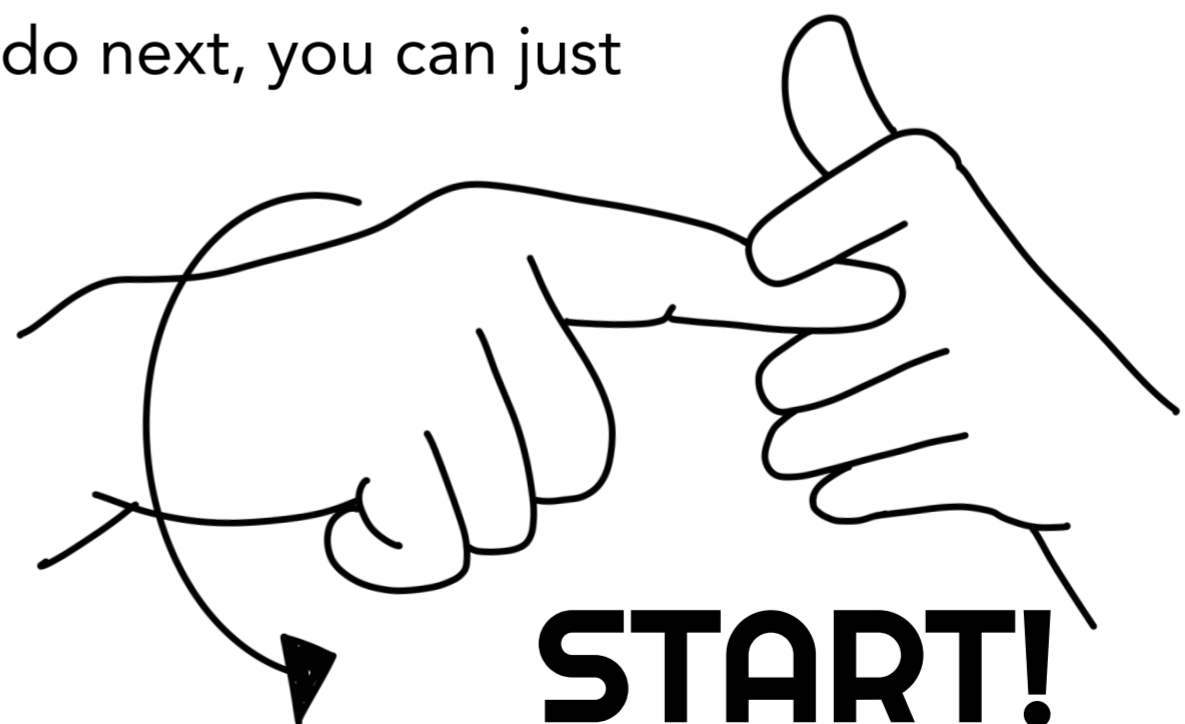
THANK YOU!

Well, that's the end of this Activity Book, congratulations! I hope you liked it, and learned some things about yourself, your family, and your new community.

wait, this is the end?!

Oh, no no. Not the end the end. For sure the beginning.

And if you're not sure what to do next, you can just



Acknowledgments

So many people helped with this project both directly and indirectly, and I am enormously grateful for the insight and support. Eternal thanks to Corinna Hill, Meggi Sweeney Smith, Kaitlin Stack Whitney, Kira Avery, Youmee Lee, Karen Fisher-Malley, Jessica Warren, Laural Hartman, Jennifer Love, Karen Putz, Patrick Graham, Heather Bowden, Michelle Behm, Byron Behm, Hannah DeFelice, Constance Bowden, Stacy Abrams, Alex Lobos, Lorraine Justice, Juan Noguera, Cathy Berger, Michele Sheiner, Amanda Mackzum, Sarah Gordon, Ursula Smith, Elise Brady, Nour Ellakis, Evan Murphy, Tayo Oke, Zaheer Shujayee, Jos Mayo, Anqi Zhu, Jacqueline Qiu, Robert Deane, Shen Liu, Jayden Zhou, Lory Henning, Melissa Dawson, Marissa Tirone, Elise Brady, Teresa Pichardo, Leah Mackin, Thomas Bowden, Sara Tomko, Leigh Diveris, Meredith Garretson, Allison Fitch, Allison Bowden, Kristoffer Whitney, Azra Sungu, Brooke Bahn, Lee Davis, Alana Campbell, Gary Wellbrock, Rita Fattorusso, Darren Fudenske, Stacey Haynes, Jon Knight and of course, Alton, Sydney, Ramara, Reo, Alona, Alston, Brady, Emerson, Madelynn, Zola, Zion, Beatrice, Huxley, Sylvan, Marlow, Lilian, Ben, Ruby, Alex, Opal and Azia.

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