Paralympic Pen Pals

Below you will find some fun activities that will help you learn more about the Australian Paralympic Team and help you write your message.

To submit your message, head back to the Paralympic Pen Pals page and submit the form.

Which athlete should I write to?

Did you know there are more than 180 athletes on the Australian Paralympic Team in Paris? You can see all their profiles on the Paralympics Australia's website.
If you know the athlete's name, you can search for them. If not, you can search by the sport they play!

> I need help writing my message to my favourite Paralympian!

How do I write a good message?

Before you start, here are some things to think about:

1. Let's find out some more information.

Read about your chosen Paralympian and maybe even do a little Google research. Make sure you understand their sport and any disabilities you don't know about.

2. Know your message's purpose.

Why are you writing to them? Do you want to learn more about them, encourage them, or find out how they've overcome challenges?

3. Set the right tone

Your message should be polite, not like texting a friend but also not as formal as a letter to the Queen.

Now, let's see if you can tell which messages are okay for your letter:

		Reason for your answer:
Sup BFF howz it going.	YES **NO**	Reason for your answer: *This is too casual.*
Hi Ellie, I hope your training is going well.	**YES** NO	Reason for your answer: *This is polite and friendly.*
Thanks for taking the time to read my letter. I hope you do well in Paris! From, Billy.	YES NO	Reason for your answer:
Dear Sir/Madam,	YES NO	Reason for your answer:
Yours faithfully, Richard Smith.	YES NO	Reason for your answer:
U gunna win gold and u r amazing!	YES NO	Reason for your answer:
I wish you the best of luck with your training and look forward to seeing you compete in Paris.	YES NO	Reason for your answer:

Let's write your message!

1. Ask some open questions:

Try to ask questions that need more than a yes or no answer. It'll help you learn more about your favourite Paralympian!

Hint Open ended questions are questions that can have more than one right answer and require more than a yes/no answer

Have a go – Are these Open or Closed Questions?

What is your favourite colour?	**OPEN** **CLOSED**
Do you like swimming?	**OPEN** **CLOSED**
What was the most exciting thing about your weekend?	**OPEN** **CLOSED**
Do you enjoy watching the Paralympic Games?	**OPEN** **CLOSED**
What makes an athlete successful?	**OPEN** **CLOSED**
What is your opinion of the Paralympic Games?	**OPEN** **CLOSED**
Are you going to write a message to a Paralympian?	**OPEN** **CLOSED**

Now let's see if you can change these closed questions into open questions...

What sport do you participate in?
i.e., Tell me about the Paralympic sport you compete in.

_____

_____

Have you been to a Paralympic Games before?

_____

_____

What is the name of your disability?

_____

_____

How long have you been competing for?

_____

_____

How many hours do you train for each week?

_____

_____

2. Include something fun and exciting about yourself (if you're happy to share!):

You haven't met your favourite Paralympian yet, so they don't know much about you! When you're writing to them you might like to include your age and any sports you're playing. You might like to include what you know about the Paralympic Games or if you've been watching, and why you have decided to write to them.

3. Think of a message that will inspire our Australian Paralympians

Write something cool and creative that will make our Paralympians feel awesome. It should be something special from you, not something you found online.

I want to do more to inspire and cheer on the Australian Paralympic Team.

1. Get creative and inspire our Paralympians by submitting your artwork for display in the Athlete's Village or Our Mob Hotel in Paris. Find out how to submit your artwork here

2. Stay up to date with what our athletes are getting up to by joining our official cheer squad, AUS Squad. It's free to join via www.paralympic.org.au/aussquad/

3. Show your support of the Australian Paralympic Team by organising a fundraiser at your school. Here you will find plenty of great resources to get you started. https://fundraise.paralympic.org.au/fundraise-for-us