

## Hayden and Aaron are a boxing dream team

When you see the word **we** or **us**  
in this book



- it means Activ.



**Easy English**

May 2021.

## In this story



This story is about how you can learn new skills.



We talk about

- Aaron

**and**

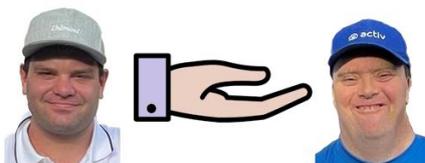


- Hayden.



Aaron lives in one of our homes.

Hayden is a support worker.



This means Hayden helps Aaron get to his goals.

We also talk about



- Karen

and



- Danielle.



Karen is one of our **team leaders**.

She is Hayden's boss.

Danielle is our **Chief Executive Officer**.

We say CEO.

It means Danielle is our big boss.



## Things Aaron can do in lockdown



Everyone has to stay at home during lockdown.

It can be hard to stay inside all the time.



Aaron wanted to stay

- happy
- healthy
- fit.



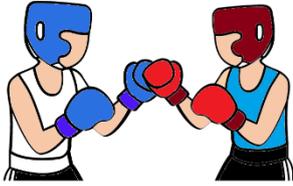
Hayden wanted to make sure Aaron could reach his goals.



Hayden talked to Aaron about what Aaron wanted to do.

## Aaron learns boxing

Hayden loves boxing.



Hayden decided to teach Aaron how to box.

Hayden needed to bring his own equipment.

Like



- boxing gloves
- boxing bag.

Hayden helped Aaron to



- make his hands and eyes work together



- know proper ways to **not** hurt himself.

## Boxing helps Aaron



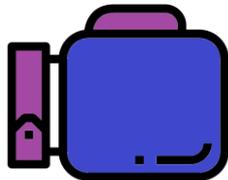
Hayden says that Aaron

- had the time of his life
- learned lots of new skills.

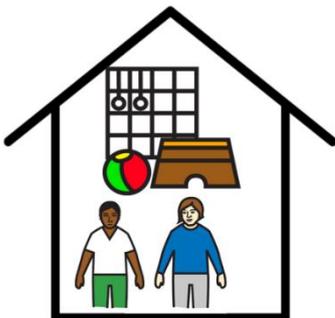


Aaron says his favourite things are

- punching on the bag



- using the boxing pads.



Aaron can now go to a boxing gym.

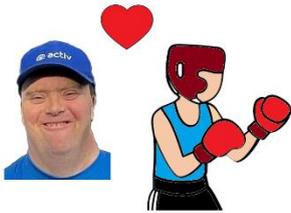
He makes new friends at the gym.

Hayden says boxing is good for Aaron.

Like it helps Aaron be



- more strong
- more confident.



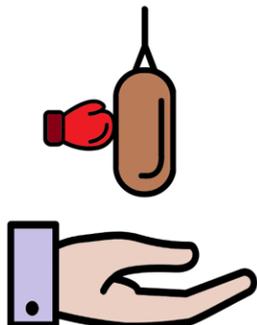
Aaron thinks boxing is his favourite hobby.

He even tells his own boxing tips to Hayden.



Aaron can help his house mates learn boxing too.

Hayden thinks it is important that support workers can use



- their skills
- with**
- your skills.

We are excited that Aaron



- has new skills

**and**



- is more independent.

Karen helped Hayden set up a boxing gym.



The gym is at Aaron's home.

Aaron's house mates can use the gym too.

Danielle visits the home.

Danielle likes to see that Aaron

- enjoys learning to box

**and**



- is proud of his own hard work.

## About this book

### VisAbility

The Accessible Information Service at  
VisAbility wrote the Easy English.

May 2021.



We use pictures from

- Mulberry images from Straightstreet
- The Noun Project



- Activ



- our customer photos

### VisAbility

- VisAbility.