

Inclusion: What It Looks, Sounds, Feels Like

- Inclusion = Helping everyone feel like they belong
- Our words + actions + body language all send messages

Inclusion in the book Wonder

- Auggie notices small behaviors that make him feel excluded
- Whispers, looks, avoiding sitting near him
- No one said 'Go away,' but it still hurt

Subtle Clues

- Turning away or looking away fast
- Whispering or ignoring someone's 'hi'
- Moving belongings so someone can't sit next to you/someone else
- Tone of voice: kind or cold

Kindness = Words + Actions

- “Sure, sit here” can feel kind or unkind
- Small actions matter: saving a spot, smiling, making room
- Your body language can include or exclude

Activity: Body-Language Freeze

- Guess if posture is welcoming or unwelcoming
- **Open shoulders vs. turned back**
- **Smiling vs. blank stare**
- **Patting a seat vs. blocking a seat**

Partner Practice

- Practice a **welcoming** posture
- Practice an **unwelcoming** posture
- Switch roles and reflect

Circle Reflection

- Share a time when you felt included or excluded
- Use I-statements: 'I feel included when...'
- You may pass
- Listen with eyes, ears, and heart
- No naming others

Inclusion Part 2

Inclusion Means Making Space — Not
Just Being Nice

Learning Goal

We will understand that inclusion is not just about being polite — it's about our actions.

Kindness is what we do, not just what we say.

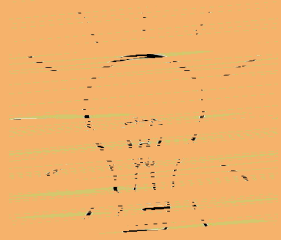
Quick Review

Last Lesson Reminder:

We talked about subtle clues that can include or exclude people.

- Kindness = words + action
- Body language
- Tone of voice

Big Idea



Inclusion = Making Space

You can:

- Say nice words
- Avoid being mean

...and still make someone feel left out.

Wonder Connection



Wonder – Halloween Chapter

Jack was friendly to Auggie at first.

But Auggie overheard Jack say:

- He wouldn't hang out with Auggie if he didn't have to.

Think About This

What mattered more to Auggie?

- What Jack said to his face?
- Or what Jack did and said behind his back?

Real Life Examples

This can happen at school too:

- Saying “Sure” but turning away
- Moving someone’s things so they can’t sit near you
- Only talking to your close friends

No mean words — but still excluding.

Lunchroom & Classroom Reflection

Let's be honest:

- If you always sit in the same spot...
- With the same people...

Will someone be left out?

Who never actually sits with you, even if you're not trying to avoid them?

Important Reminder

You don't have to be best friends with everyone.

But **everyone deserves to feel like they belong** —
especially in shared spaces (school!).



What Is Intentional Inclusion?

Intentional Inclusion Means:

- Making room at the table
- Inviting someone before they ask
- Saving a seat where someone put their things
- Making eye contact and smiling
- Rotating seating sometimes

Words + Actions Match

Inclusion happens when:

Our words and actions match.

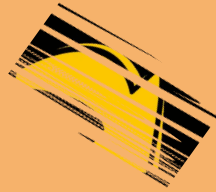
“Come sit with us” should *feel* welcoming — not awkward or forced.



Words Vs. Actions

- What are things people **say** that sound kind?
- “You can sit here”
- “Hi.”
- “If you want to”
- “Sure, but...”
- What are things people **do** that show inclusion?
- Scooting over to make room for somebody
- Inviting someone to sit with you before they ask
- Turning your body towards someone during a conversation

Circle Reflection



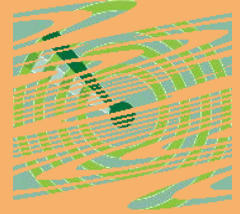
Respond to one prompt:

- **One action that helps me feel included is...**
- **One action I could take this week to include others is...**
- **When someone makes room for me I feel...**

Remember:

- Use “I” statements
- No names
- Listen to others

Closing Thought



- This week practice this lesson by turning on your inclusion radar
- What should ping your radar?
 - People sitting alone
 - Empty seats/space
 - People hovering
 - The same people always sitting together

Inclusion Part 3

Building our Community Together



Learning Goal



- Understand that your choices impact classroom community
- Commit to inclusive habits
- Practice courage and kindness in everyday habits

Review



Last lesson we talked about how:

- Inclusion means helping everyone feel they belong
- Kindness can be shown through actions and words
- Small choices can make a big difference

Big Idea

- Every choice we make impacts our classroom community
- Each moment is a choice
- Inclusion $\neq$ one big moment
- Inclusion = many small moments

Wonder Connection



In *Wonder*, Summer makes a choice.

“I sat with him because I thought he looked lonely that first day.”

- No teacher told her to
- She noticed someone was alone
- She chose kindness

Why did Summer's Choice Matter?

Summer's choice changed lunch for Auggie, *and...*

- How he feels about school



One small choice can have a big impact on somebody's sense of belonging.



Courage in Inclusion

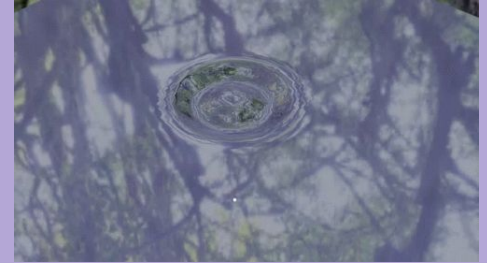
- How did Summer show courage?
- Why might it be hard to invite someone new to sit with you?
- How do we show courage when we act differently than our friend group?

Inclusion and Black History Month

- What is Black History Month?
- How does it connect to the theme of inclusion?



Inclusion and Black History Month



- **Fighting for Inclusion:** Integration
 - Brown V. Board 1954
- **Small Actions Matter:** Speaking up for what you believe in
 - Rosa Parks
- **Ripple Effect:** Just like the Civil Rights Movement changed laws and schools, our small everyday choices can help make our school a fair and welcoming place for everyone.

Activity Brainstorm

Words that indicate inclusive action ★

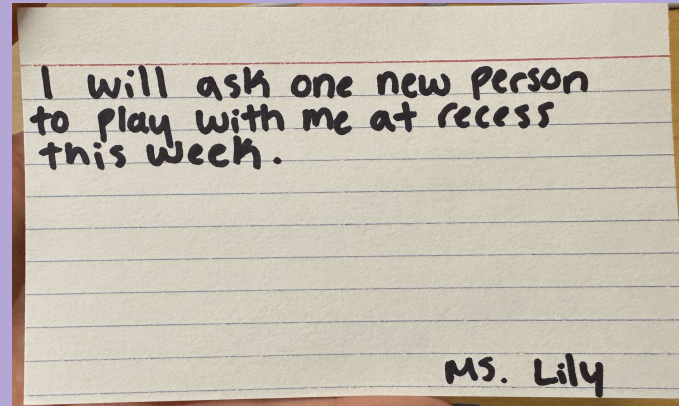
- **Ask**
 - **Invite**
 - **Say**
 - **Notice**
 - **Show**
- I will **ask** someone how they're doing
 - I will **invite** someone new to sit with me
 - I will **say** something kind about a classmate
 - I will **notice** when someone is playing alone and ask them to join
 - I will **show** kindness by making eye contact with a friend and smiling at them

Activity: Inclusion Pledges

Directions:

1. Take an index card
2. Get a writing utensil
3. Find a spot to write
4. Write your inclusion pledge on your index card (Don't forget your name!)
5. Hand Ms. Lily your index card when you are finished

Example



Today we learned...

- Inclusive actions are a choice
- Our choices impact our classroom community
- Inclusion takes courage
- Black History Month is a great example of inclusive actions spreading to ignite a whole movement
- As a classroom we are pledging to practice more inclusion

Remember... one drop of inclusivity can spread like a ripple over the entire community



K YOU



PENGU

...and good luck in the concert!

