

Lesson 8



Area: Be Inclusive

Title: **Are You In or Out?**

Objective: Students will experience what it feels like to be included or excluded from an activity.

Materials: Chalkboard/Whiteboard or Overhead
Koosh ball, tennis ball, or other convenient soft throwable object

- Activity:**
1. On the board or overhead, write “Inclusive” and “The root of the word inclusive is to _____.” The answer is “include”.
 2. Identify all students with birthdays January-June and have them sit in the back of the room. They may not talk.
 3. Have the rest of the class, students with birthdays July-December sit up front and play a 2-minute game of hot potato with the ball.
 4. When it ends, have students return to their original seats.
 5. Draw two columns on the board or overhead, one labeled “included” and the other labeled “excluded”.
 6. Ask students how it felt and what it looked like to be included and excluded; write these statements in each column.

Closure: Ask students to brainstorm ways they can include all students in a game. Give the students the ball and have them play their game, making sure every student is included, for the remainder of the time.