



**EPISODE EIGHT – SPECIAL KNEADS AND TREATS**

# INCLUDE SOMEONE

BELIEVE IN YOU LESSON PLAN





### **JOURNAL/OPENER (5-10 MINUTES)**

- Pose the questions and have students write answers privately:
  - What can you do on your campus to be more inclusive?
  - What does a positive environment look like and sound like?
- Have volunteers share answers and have a brief class discussion

### **EPISODE EIGHT – SPECIAL KNEADS AND TREATS**

(FILM: 9 MINUTES/41 SECONDS)

- During the film have students complete a “3-2-1.”
  - **3** Interesting concepts from film
  - **2** Ways the film relates to your life
  - **1** Question about the film
- Have volunteers share answers and have a brief class discussion

### **COMMUNITY OUTLINE (20 MIN)**

- Instructions on next page
- Teachers have option of extended Community Outline into larger service projects, etc...

### **CLOSING (5 MIN)**

- Think-Pair-Share (Students think to themselves, share with a partner, then volunteers share answers out loud)
  - In the film, Kevin stressed educating yourself to learn about others.
  - How can you relate what he said to your life?



**3-2-1**

**3** Interesting concepts from film

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**2** Ways the film relates to your life

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**1** Question about the film

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**COMMUNITY OUTLINE**

- In your team, think about your classmates, campus, and how to get involved.
- Come up with a school wide activity or program that helps foster a positive/inclusive school culture. Include in your outline:
  - The name & purpose of the activity
  - Roles for everyone in your group
  - Materials needed
  - Logistics (dates, location, etc...)
  - Staff members involved
  - Action plan (How are you going to implement the activity/program?)
  - Impact/Benefit (What is the potential impact/benefit on the school?)



## DAILY MINI-LESSONS

# EPISODE EIGHT – WEEK ONE

## INCLUDE SOMEONE

### DAY ONE

#### MAKE A DIFFERENCE MONDAY

Discuss or journal: What was most interesting about this episode to you?

### DAY TWO

#### TAKE TIME FOR YOU TUESDAY

Mindful Mantras. Have each student create a mantra if they do not have one. After 5 minutes to think about the mantra or creating one, have each student share their personal mantra. Share the examples listed below to help prompt the students.

1. Ohana means family.
2. Family means no one left behind.
3. We are ONE.

### DAY THREE

#### WE STAND TOGETHER WEDNESDAY

Create a class motto about Including Someone. Use the motto all month long as the class aspires to help others.

### DAY FOUR

#### THOUGHTFUL THURSDAY

1. What does this expression mean: "Include Someone?"
2. What do you do to ensure no one is left out?

### DAY FIVE

#### FUN FRIDAY

Discuss the importance of asking someone to sit with you for lunch. Who will you ask to sit with you today?



## DAILY MINI-LESSONS

# EPISODE EIGHT – WEEK TWO

## INCLUDE SOMEONE

### DAY ONE

#### MAKE A DIFFERENCE MONDAY

Include Someone. Making a difference and making change can be empowering. How can you include someone in your school activities?

### DAY TWO

#### TAKE TIME FOR YOU TUESDAY

10-minute silent time: Have students use this time to focus on a personal task or catching up on an assignment or focusing on ways to overcome fear.

### DAY THREE

#### WE STAND TOGETHER WEDNESDAY

Five minutes for friendship and fun. Share quotes about making school fun.

### DAY FOUR

#### THOUGHTFUL THURSDAY

Have each student create a slogan or statement about inclusion. Use these slogans or statements to share with students daily. Encourage your school to make these announcements over the PA system.

### DAY FIVE

#### FUN FRIDAY

Divide into groups of four or five students and discuss the two questions below.

- How can similarities draw us closer together?
- How can our differences draw us closer together?



## DAILY MINI-LESSONS

# EPISODE EIGHT – WEEK THREE

## INCLUDE SOMEONE

### DAY ONE

#### MAKE A DIFFERENCE MONDAY

Make their day. Make a Difference. What can you do to make someone's day?

### DAY TWO

#### TAKE TIME FOR YOU TUESDAY

What are some questions that you have about the episode?

### DAY THREE

#### WE STAND TOGETHER WEDNESDAY

Divide students into groups of five and have them write a script for 90 second "commercial" for inclusion. The commercial is a 90 second video that can be created using a phone or classroom technology.

### DAY FOUR

#### THOUGHTFUL THURSDAY

A small gesture could make a big difference in the life of another person. Write a note, send an email, or call someone that you have been thinking about or want to thank.

### DAY FIVE

#### FUN FRIDAY

Invite another class into your classroom and have a poster signing party. Have students work together on a poster showing inclusion.



## DAILY MINI-LESSONS

# EPISODE EIGHT – WEEK FOUR

## INCLUDE SOMEONE

### DAY ONE

#### MAKE A DIFFERENCE MONDAY

Reach out today. Include someone who is typically left out and often isolated

### DAY TWO

#### TAKE TIME FOR YOU TUESDAY

Sit and reflect for ten minutes on how you would feel if you were left out of school activities and parties. Make a commitment to make a difference.

### DAY THREE

#### WE STAND TOGETHER WEDNESDAY

Film the 90 second commercial from the previous week. Allow students to edit, put music to the video etc. and be prepared to show the video the following week

### DAY FOUR

#### THOUGHTFUL THURSDAY

How can you can be a source of positivity and including others?

### DAY FIVE

#### FUN FRIDAY

Have another class come sign and write messages on the poster created last week.



## DAILY MINI-LESSONS

# EPISODE EIGHT – WEEK FIVE

## INCLUDE SOMEONE

### DAY ONE

#### MAKE A DIFFERENCE MONDAY

Using inclusive terminology. Discuss reasons why it is important not to choose the incorrect words. A few common mistakes are the use of the word retarded, afflicted by, suffers from, victim of, midget, and dwarf.

### DAY TWO

#### TAKE TIME FOR YOU TUESDAY

Ten minutes of quiet time. Play a song and encourage students to completely decompress.

### DAY THREE

#### WE STAND TOGETHER WEDNESDAY

Show the 90 second video from previous week's activity

### DAY FOUR

#### THOUGHTFUL THURSDAY

Journal Prompt: Take ten minutes to write the answer to the question. When I hear the word INCLUSION, I immediately think ...

### DAY FIVE

#### FUN FRIDAY

Hang your poster somewhere on campus. With all classes participating, there should be several posters and a constant reminder of inclusion.





## **SUGGESTED WRITING TOPICS**

Use the following topics as writing prompts for weekly writing opportunities. Students should complete a one page journal entry based on the topics below. At the end of the academic year, the students' journals should provide reflection and motivation to continue being the best person they can be.

- **Make every day count.**
- **Change your game from the inside out.**
- **Walk louder than you speak.**
- **Describe your character.**
- **Why is discipline so important?**
- **Why is accountability important?**
- **How can you inspire others?**
- **Communication...how can you improve your communication skills?**
- **What is your favorite song? How does it motivate you?**
- **What would you do if a bully bothered you on your way home?**
- **What would you do if you did very poorly on a test?**
- **How can you help others in your community?**
- **Chase the goal, chase your dreams.**
- **Make memories, what have you done to help promote your school?**
- **What would you do if you found a magic wand?**
- **If you were principal of this school, what would you do?**
- **If you could break the Guinness Book of Records, what would it be for?**
- **What would you do, if you just won the lottery?**
- **If you could go back in time and change one thing in your life, what would you change?**
- **What do you consider your greatest accomplishment to date and why?**