



Inclusiveness

Hello Parents and Guardians,
 Welcome to Unit 3 of our Kindness in the Classroom curriculum. For the next 6 weeks we will be learning all about INCLUSIVENESS. We will dedicate 30 minutes once a week for our main lesson, with a few 15 minute mini lessons sprinkled throughout our week to help your child go deeper with the concept. We will end the unit with a project that we will all work on together. Since this topic is already known by many of our students this year, we will be diving deeper as we explore the following topics:

GOALS FOR THIS UNIT

- ✓ Apply the concept of inclusiveness within the school to increase accessibility for all students in some fashion
- ✓ Explain the difference between fairness and equality
- ✓ Demonstrate an understanding between the difference of equality and equity

TOPIC	QUESTIONS WE'LL BE EXPLORING	HOW YOU CAN HELP
Inclusivity at School	<ul style="list-style-type: none"> ● How can we create spaces at school where everyone is included and feels like they belong? 	School is a place where everyone has a right to feel safe and to belong. This unit gives students a chance to evaluate their school from the perspective of inclusiveness and brainstorm ways to make school and even more inclusive place. Inclusiveness is best learned modeled. Talk about the ways in which your home is an inclusive space for others.
Empathy & Being an Upstander	<ul style="list-style-type: none"> ● What does it mean to have empathy for someone? ● How can you have empathy and act on it through upstander behaviors? 	Bullying is rampant on school campuses. Talk to your kids about seeing things from other people's points of view. Encourage them to stand up for those who cannot stand up for themselves, and be an advocate for fairness, equity, and inclusivity in your child's school.
Responding to Peer Pressure	<ul style="list-style-type: none"> ● How can we respond to both positive and negative peer pressure? ● When does peer pressure push us to be our best and when does it compromise our values? 	Your student will experience peer pressure at some point, if he or she hasn't already. Peer pressure isn't always a bad thing, though. Think of the friend who encourages your child to try out for the play or to join a club. Think of your prodding to enter the spelling bee or play the piano at a local nursing home. Peer pressure can be both healthy and unhealthy. Talk to your child about the kinds of peer pressure he or she feels at school or at home.

TRY THIS AT HOME!

As a family, role play different types of negative peer pressure situations - like being asked to drink alcohol or smoke an e-cigarette. Students will be better prepared to respond positively in these types of negative, high-pressure situations if they have practiced!

We will continue our Kindness in the Classroom curriculum throughout the year. Please join us on this journey using this handout and the at home activity as a way to connect with your child regarding our unit concept. Feel free to contact me with any questions or comments as we move forward.

Sincerely,