



ELEMENTARY SCHOOL



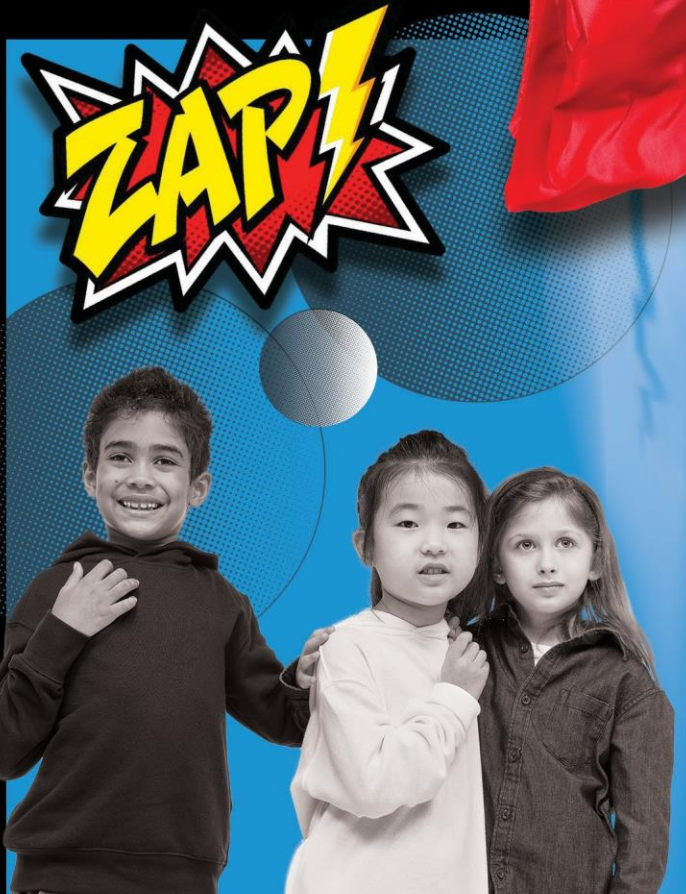
SMASH!

Special Olympics
Montana

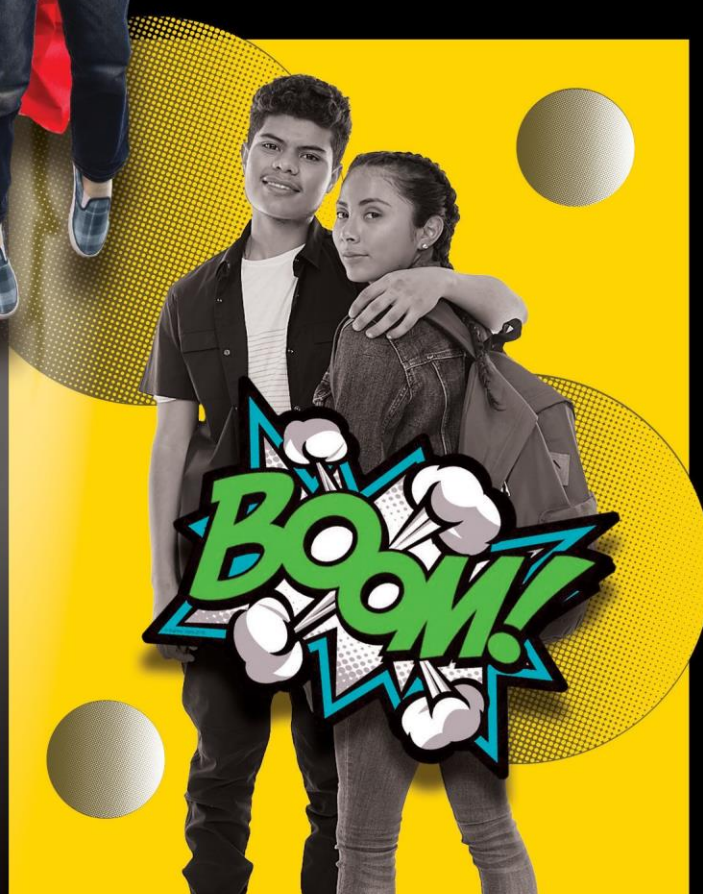


Special Olympics
Unified Champion
Schools

Statewide Inclusion Week
Facilitator's Guide



ZAP!



BOOM!

Overview for Inclusion Week

Share your great inclusion activities with Special Olympics Montana! Send photos/videos and a short description along with activity name, school name and grade levels to Terri Norman at tnorman@somt.org.

Mindful Monday:

Ease into a Unified mindset by wearing your favorite comfy clothes!

- **Book and Activity Card: *I am Peace* by Susan Verde:** Read Aloud link: <https://youtu.be/hXA3837uv3w?si=i0cvepleKACPnRUk> (Length 2:33)
- **Activity Card: *Strong Minds Glitter Jar*:** [How to Create a Glitter Jar for Kids – Mindful Daily Practices](#)
- **VIDEO Lesson: Sesame Street** https://youtu.be/9_1Rt1R4xbM?si=960Cjgv5iRcJ7G5h (Length 2:28)
- **VIDEO Lesson: Inside Out-** <https://youtu.be/kdhjztWMnVw?si=ouurRXMjM-8Ny0tX> (Length 1:44)
- **View from the Other Side** Activity (see pg. 4)



Takes a Team Tuesday:

Prepare to be a team player by wearing your favorite sports team attire!

- **Book and Activity Card *I am Love* by Susan Verde:** Children's Choice Book Award- <https://www.pbs.org/video/read-aloud-i-am-love-book-compassion-js7gu9/> (Length 2:52)
- **Activity: *Hula Hoop Fingers*** (see pg. 5)
- **Activity: *Design-Build-Test*** (see pg. 5-6)
- **VIDEO Lesson: *Minions*-** <https://youtu.be/aU6e33FYgg0?si=KJ6CblQTgDxjbhcG> (Length :47)
- **VIDEO Lesson: *Friendship*** <https://www.generationunified.org/videos/celebrate-international-day-of-friendship/> (Length :44)

Wellness Wednesday:

Dress in your 80's gear, then "Let's Get Physical!"

- **Book and Activity Card *I am Yoga* by Susan Verde:** <https://www.youtube.com/watch?v=YSEN5Mj4kUY> (Length 2:28)
- **Activity Card: *Wellness Wednesday MISSION: FITNESS!*** Activity Cards with the following Active Videos:
 - **Video - Warm up: Young Athletes in Motion-Dance Video** <https://www.hhph.org/work/learning-studio/young-athletes-in-motion> (Length 7:56)

- **Video - Brain Breaks: Fit 5 videos-**
<https://resources.specialolympics.org/health/fitness/fit-5>
Do Level 1 Videos: Endurance (3:26), Flexibility (3:37), Balance (4:51), Strength (3:40)
- **Video - After Lunch Workout: Welcome to the School of Strength-**
<https://youtu.be/1lfsyq-sioU?si=upWQQgpMyej9H1wn> (Length 6:41)
- **Video - 30-minute workout with celebrity trainer Shannon Decker: Part 1-**
https://youtu.be/x_LBP-AePeU?si=QZqzCKRX5T9IzFu2
- **Video - Playful Poses-20 minute Workout-**
https://youtu.be/HauE2uyOHJY?si=nAfU47zCRU9_K38t
- **Video - H.Y.P.E. Cardio–Hip Hop Public Health-**
<https://www.hhph.org/work/learning-studio/h-y-p-e-the-breaks>
- **Activity: DANCE OFF!** (see pg. 6)
- **VIDEO Lesson: Unified Fitness-**
<https://www.generationunified.org/videos/favorite-fitness-activities-with-the-u-s-youth-ambassadors/> (Length 4:37)

Thoughtful *Thursday*:

Wear something with a number on it because EVERYONE COUNTS!

- **Book and Activity Card: *I am Human* by Susan Verde:**
<https://www.youtube.com/watch?v=d012lxVR2Yo> (Length: 2:41)
- **Activity: *Walk the Line* Activity** (see pg. 7)
- **Activity: *Goodie Bag Skits* Activity** (see pg. 7)
- **Activity: *Pick a Pair (or Three)* Activity** (see pg. 8)
- **VIDEO Lesson: We are All Different - and THAT'S Awesome!**
<https://www.youtube.com/watch?v=sQuM5e0QGLq> (Length 4:39)



Fearless *Friday*:

Dress like the Superhero that you are!

- **Book and Activity Card: *I am One* by Susan Verde**
<https://youtu.be/yQp6lfgR8QU?si=la15T3YTYmzxY3Z4> (Length 2:06)
- **Activity: *Minefield*** (see pg. 9)
- **Activity: *Strike a Pose!*** (see pg. 9)
- **VIDEO Lesson: The Present-** <https://www.youtube.com/watch?v=3XA0bB79oGc> (Length 3:34)



Daily Lesson Ideas

Mindful Monday:

Ease into a Unified mindset by wearing your favorite comfy clothes!

- **Book Activity Card: *I am Peace* by Susan Verde:**
<https://youtu.be/hXA3837uv3w?si=i0cvepleKACPnRUK>
- **Activity Card: *Strong Minds Glitter Jar*:** [How to Create a Glitter Jar for Kids – Mindful Daily Practices](#)
- **Video Lesson for EMPATHY: Sesame Street**
https://youtu.be/9_1Rt1R4xbM?si=960Cjgv5iRcJ7G5h (Length 2:28)



VIDEO LESSON Discussion Questions:

1. In your own words, what does EMPATHY mean?
 2. Mark said that “empathy is when you’re able to understand and care about how someone else is feeling.” Why is it important to be empathetic?
 3. Today is Mindful Monday. This day is all about making sure that we keep our minds open to recognize our own feelings and needs. It is also important to be mindful of other’s feelings. How can we be more mindful of other’s feelings?
 4. How can that help us to be more empathetic?
- **Additional VIDEO LESSON for EMPATHY: Inside Out-**
<https://youtu.be/kdhjztWMnVw?si=ouurRXMjM-8Ny0tX> (Length 1:44)

VIDEO LESSON Discussion Questions:

1. In this clip, who was being empathetic, Joy or Sadness?
 2. Do you think that being empathetic helped in this situation? Why?
 3. What are some lessons we can learn from this example of empathy?
- **Activity: View from the Other Side:** This challenge will tap into your students’ creativity. After viewing a video on empathy, students will decide what empathy means to them, how this relates to being mindful, and how to use art to relay that message to others.

Materials:

- ✓ Smartboard
- ✓ Art Supplies (chart paper, bulletin board paper, large construction paper, markers, crayons, tape)
- ✓ List of empathy slogans – displayed on Smartboard or chart paper

Instructions:

1. As a group, view the above video(s) on empathy.
2. After spending a few minutes discussing reactions to the video(s), help the group come up with a working definition of “Empathy.”
3. As a class, read and briefly discuss empathy slogans from the list provided. You may ask students to explain what a slogan means to them or ask what the slogan is trying to state. Ask if anyone can think of a different slogan to add to the list.



*List of possible "Empathy" slogans:

- *Empathy is the medicine the world needs.* -Judith Orloff
- *If you see someone without a smile, give them one of yours.* -Dolly Parton
- *Be kind whenever possible. It is always possible.* -Dalai Lama
- *Weeds are flowers, too, once you get to know them.* -Unknown
- *We may have all come on a different ship, but we're all in the same boat now.* -Martin Luther King, Jr.
- *We rise by lifting others.* - Robert Ingersoll
- *If we can't see eye to eye, let's try heart to heart.* -Unknown
- *Try to be a rainbow in someone else's cloud.* -Maya Angelou
- *Empathy is about finding echoes of another person in yourself.* -Unknown



4. Tell the group that they will work in pairs to choose a slogan and make a poster or banner about it. **TIP:** Set a timer to keep people on track.
5. Allow time at the end of the activity for each pair to present/explain their banner to the group before displaying them in the class/hall.

Takes a Team Tuesday:

Prepare to be a team player by wearing your favorite sports team attire!



- **Book and Activity Card: *I am Love* by Susan Verde:**

<https://www.pbs.org/video/read-aloud-i-am-love-book-compassion-js7qu9/>

• **Activity: *Hula Hoop Fingers*:** We know that teamwork means working together, but what about communication? Why is that important? This quick challenge will show groups how important communication and encouragement are to a successful, effective team. Divide the group into teams of 3-4 and have the teams stand in a small circle, with their arms out pointing their index fingers. Carefully place a hula hoop on top of the outstretched fingers (PE teachers will have these), encouraging the group to keep the hula hoop level. Tell the teams that their goal is to lower the hula hoop to the ground using only their index fingers. They may not hook their fingers around the hoop. All team members must have their fingers on the hoop at all times until it is resting on the ground. If someone lets go or grabs the hoop, the team has to start over. Teams will quickly start communicating as they figure out what works and what doesn't. Once all teams have been successful or time is up, gather the group together for a quick reflection, using questions such as:

ACTIVITY REFLECTION Questions:

1. What was your experience during this activity?
2. Was this difficult? Why?
3. What needed to happen to be successful in this activity? (Encourage a discussion around clear communication, creating a plan as a group, etc.).

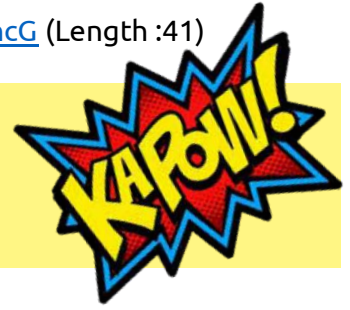
- **Activity: *Design-Build-Test!*** This week is all about building an inclusive school climate, so why not give your students a chance to work together to build something? Gather a variety of materials such as plastic spoons, rulers, scissors, paper, tape, pompoms, etc. Divide the class into groups of 2 or 3 and give them the task of designing and building a catapult. The first thing they may have

to do is find out what a catapult is. Once they know that, the groups design, build and test a mini catapult. Take photos during the process and post to social media or on your school website. The team whose catapult works best wins bragging rights!

- **VIDEO Lesson: *Minions*** - <https://youtu.be/aU6e33FYqg0?si=KJ6CblQTqDxibhcG> (Length :41)

VIDEO LESSON Discussion Questions:

1. How does this video show teamwork?
2. Are there times when the minions struggled as a team?
3. How can teamwork be difficult?
4. How can teamwork be helpful?



- **VIDEO Lesson: *Friendship***- <https://www.generationunified.org/videos/celebrate-international-day-of-friendship/> (Length :44)

VIDEO LESSON Discussion Questions:

1. What do friends and teammates have in common?
2. Can friendships come from being on a team together? Why?
3. What are some characteristics that make good friends and teammates?

Wellness Wednesday:

Dress in your 80's gear, then "Let's Get Physical!"



- **Book and Activity Card *I am Yoga* by Susan Verde:**
<https://www.youtube.com/watch?v=YSEN5Mj4kUY>
- **Activity Card: *Wellness Wednesday MISSION: FITNESS!* Activity Cards with the following Active Videos:**
 - VIDEO - Warm up: Young Athletes in Motion: Dance Video – Hip Hop Public Health-
<https://www.hhph.org/work/learning-studio/young-athletes-in-motion> (Length 7:56)
 - VIDEO - Brain Breaks: [Fit 5 \(specialolympics.org\)](https://www.specialolympics.org)
 - Do Level 1 Videos: Endurance (3:26), Flexibility (3:37), Balance (4:51), Strength (3:40)
 - VIDEO - After Lunch Workout: [Welcome to the School of Strength - YouTube](https://www.youtube.com/watch?v=...) (Length 6:41)
 - VIDEO - [30-minute workout with celebrity trainer Shannon Decker: Part 1 - YouTube](https://www.youtube.com/watch?v=...)
 - VIDEO - [Playful Poses - 20-minute Workout](https://www.youtube.com/watch?v=...)
 - VIDEO - [H.Y.P.E. Cardio – Hip Hop Public Health \(hhph.org\)](https://www.hhph.org) (Length 15:00)
- **Activity: *DANCE OFF!*** Dance Off is a fun way to bring your class together and let your team express themselves through dance. As the name suggests, the objective of Dance Off is for your students to compete and see who the best dancer is. Create a playlist of danceable tunes (maybe from Superhero movies?) and clear a space for your group to move freely. Then, have your group make a circle and begin playing music. Each student gets a few minutes to show off their moves in the center of the circle. Everyone votes for the most impressive dancer, and whoever gets the most votes wins. Dance Off lets your team cut loose and stay active, which is great for stress relief.
- **VIDEO Lesson:** <https://www.generationunified.org/videos/favorite-fitness-activities-with-the-u-s-youth-ambassadors/> (Length 4:37)

VIDEO LESSON Discussion Questions:

1. What is your favorite way to stay fit?
2. What are some other healthy habits beyond exercise?
3. Today is Wellness Wednesday, encouraging us to focus on ways to live a healthy lifestyle. Why is it important to set fitness and health goals?

Thoughtful Thursday:

Wear your favorite number because EVERYONE COUNTS!



- **Book and Activity Card *I am Human* by Susan Verde:**

<https://www.youtube.com/watch?v=d012lxVR2Yo>

- **Activity: *Walk the Line*:** This is a quiet activity to encourage students to think thoughtfully about a series of statements that show struggles they have in common. It will help students better understand what their peers are feeling and experiencing. Put tape down the center of the room/space, with students on both sides of it, facing each other. Read a series of statements that may pertain to some or all of your students. If the statement is true for a student, they step up and stand on the line. Students then step back to their starting position and get ready for the next statement.

Repeat with other statements. Examples of statements you may choose to use are:

- I've lost a family member.
- I've been worried about grades.
- I worry about what others think of me.
- I've been bullied in school.
- I have made new friends recently.



After several statements have been presented, bring the group together to briefly discuss their reactions to what they just experienced.

They may have noticed how many (or how few) people had the same experiences they did, or they may want to share more about their experiences or offer words of encouragement to others.

- **Activity: *Goodie Bag Skits*:** This activity allows students to use their creativity to show how to defeat bullying. Once the group is divided into teams, allow time for each team to plan a short skit using the items in their Goodie Bag.

Materials: One bag containing random items per team – all bags will contain different items; Random Items such as: sunglasses, pens/pencils, books, toys, balls, backpacks, whatever is on hand; Device to record skits (phone, tablet)

1. As a whole group, spend a few minutes discussing how bullying looks and feels, and ways students can act if they see someone being bullied. You may want to ask questions such as:
 - *How would you feel if you saw someone being bullied?*
 - *How would you feel if you were being bullied?*
 - *How would you feel if you are the bully?*
 - *What is the opposite of being a bully?*
 - *What is a bystander?*
 - *How can bystanders help when they see someone being bullied?*

2. Divide your group into teams.
3. Hand each team a Goodie Bag, telling them that their task is to come up with a skit about bullying and ways to defeat it, using the items in the bag as props.
4. Separate teams as much as possible – you may pair with another teacher and use their room.
5. Set a time limit – you may want each team to have a Timekeeper.
6. Allow teams to quickly brainstorm their ideas and practice their skits.
7. Bring the teams back together and let each team present their skit.
8. Take photos or record skits.
9. Spend a few minutes letting students reflect on what they saw, how they felt, and what they learned by watching the skits.

• **Activity: *Pick a Pair (or Three):***

Materials: Sticky notes, pencils, pens, paper; Optional: Device to record acts of kindness – phone, tablet, laptop

Allow your students to pair up for a quick activity that will take them outside the class as they look for random acts of kindness to perform. Start by asking the group what they think a random act of kindness is, what random means, etc. Brainstorm a list of random acts of kindness that could be performed immediately in school. Your list may include:

- Design/write a Thank You note to a school staff member
- Make at least 10 “Kindness Counts!” sticky notes to put around the school
- Pick up at least 10 pieces of trash
- Offer to help a staff member with a simple task
- Greet at least 10 OTHER people
- Give authentic compliments to the first 5 people you meet
- Create your own kindness act and do it



Each pair **MUST** choose and perform 3 random acts of kindness from the list generated by the group. Encourage pairs to decide how they might show that they completed the task – photos, videos, notes, etc.

- **VIDEO Lesson:** We are All Different - and THAT’S AWESOME!
<https://www.youtube.com/watch?v=aApDfrXXiL8> (Length- 4:40)

VIDEO LESSON Discussion Questions:

1. What message is Cole telling us?
2. What happened because Cole’s mom sat down to eat lunch with Steven in the school cafeteria? Would it be easy or hard to make that decision to join Steven?
3. How does Cole’s story relate to being thoughtful? It is Thoughtful Thursday, after all!

Fearless Friday:

Dress like the Superhero you are!

- **Book and Activity Card *I am One* by Susan Verde**
<https://youtu.be/yQp6lfgR8QU?si=la15T3YTYmzxY3Z4>
 Length 2:06)



- **Activity: Minefield:** Challenge pairs of students to be fearless as they work together to cross a minefield. Use tape to mark a large square in the middle of your classroom/space. Place plastic cones or large plastic Solo cups in the square – these are the mines. One student will be blindfolded, the other will be the spotter. The goal is to cross the minefield without touching or knocking over the plastic cups. The spotters need to give accurate directions to their blindfolded partner. If your minefield is large enough, have several pairs of students competing at the same time. If space is an issue, time each pair as they navigate the minefield.
- **Activity: Strike a Pose!** This activity will take a small amount of preparation but will be lots of fun! Put a large piece of bulletin board paper on a wall in the classroom as a backdrop. Gather fun props with a Unified flavor—Spread the Word Inclusion items, funny hats, sunglasses—anything fun! Encourage your class to work together in small groups to decide on a theme or idea they want to show such as inclusion, friendship, fitness, teamwork. Let them gather additional materials to use in their group photos in front of your “backdrop.” Allow each team several minutes to take their photos and encourage all teams to share them with Special Olympics Montana. Photos could be shared on your school website and saved for use in other challenges or for a bulletin board highlighting activities from this year’s Inclusion Week!
- **VIDEO Lesson:** The Present <https://www.youtube.com/watch?v=3XA0bB79oGc> (Length 4:18)

VIDEO LESSON Discussion Questions:

1. Were you surprised at how the video ended? What surprised you?
2. Today is Fearless Friday. Who in this video showed courage?
3. Do you think that you can pass along courage to others, like this puppy did? How?



Other great video links and resources:

- **EXCELLENT! Kids define Empathy in their own words-** <https://www.youtube.com/watch?v=icllUdTEQnU> (Length 2:43)
- **Don't be quick to judge other- Snack Attack:** https://www.youtube.com/watch?v=38y_1EWIE9I (Length 4:41)
- **Making new friends! Adult Special Olympics athlete from South Carolina gets to meet the wrestler, The Big Show, in a surprise Zoom meeting:** [https://www.specialolympics.org/stories/volunteers/big-show-shows-up-big-for-special-olympics-athletes#:~:text=As%20part%20of%20his%20efforts,video%20call%20\(seen%20above\).](https://www.specialolympics.org/stories/volunteers/big-show-shows-up-big-for-special-olympics-athletes#:~:text=As%20part%20of%20his%20efforts,video%20call%20(seen%20above).)
- **It's what is on the inside that matters- Different:** <https://youtu.be/yu24PZlBkoY> (Length 5:17)
- **EXCELLENT! Diversity and Inclusion:** Lessons In Friendship and Love, Maryam Elassar, TEDx Amana Academy <https://youtu.be/mzu3ira61k8> (Length 6:33)
- **Global Unified Champion School Impact:** <https://resources.specialolympics.org/community-building/youth-and-school/unified-champion-schools/the-impact-of-unified-schools-around-the-world>
- **Excellent website** for movement breaks! National Special Olympics partners, Hip Hop Public Health: <https://www.hhph.org/work/learning-studio/h-y-p-e-the-breaks>
- **Empathy, Education, Inclusion:** A Guide to Real Friendship-Emma Liu-TEDxYouth@Grandview Heights- <https://www.youtube.com/watch?v=RIwwPHeWQdA> (Length 11:50)
- **Respecting the differences between people-**Marianna Chartier-TEDxYouth@BSCR- <https://www.youtube.com/watch?v=qtpmi4yzSs> (Length 3:17)

For more information, contact:
Terri Norman
Unified Champion Schools Senior Director
Special Olympics Montana
(406) 315.4233
tnorman@somt.org

or

Teresa Rainforth
Unified Champion Schools District Coordinator
Special Olympics Montana
(406) 315.4197
trainforth@somt.org

**Special
Olympics**
Montana



Special Olympics
**Unified Champion
Schools®**

***Special thanks to Special Olympics South Carolina UCS
for sharing inclusion package materials!***