

**MIDDLE
AND HIGH
SCHOOL**

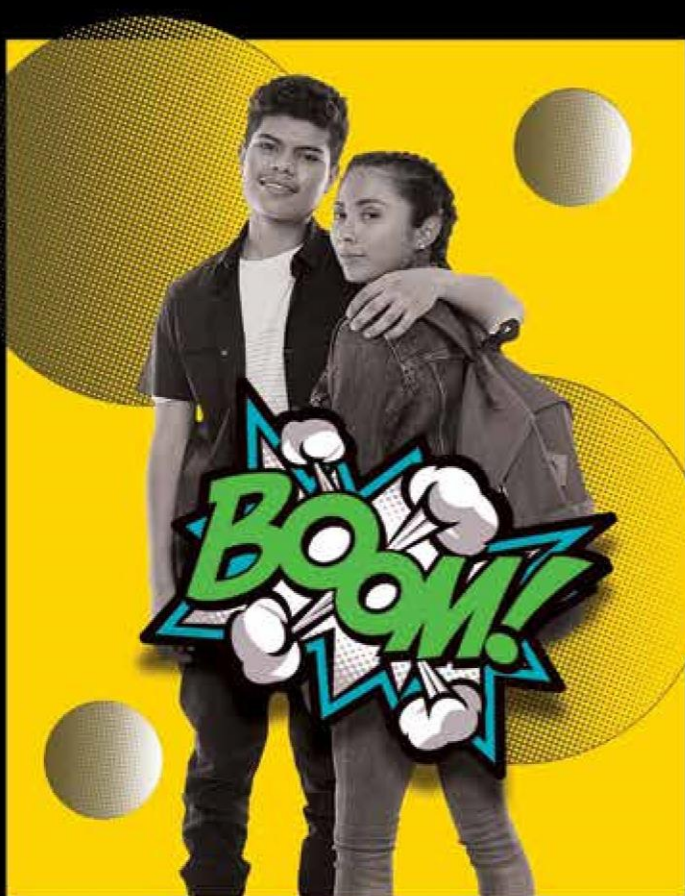
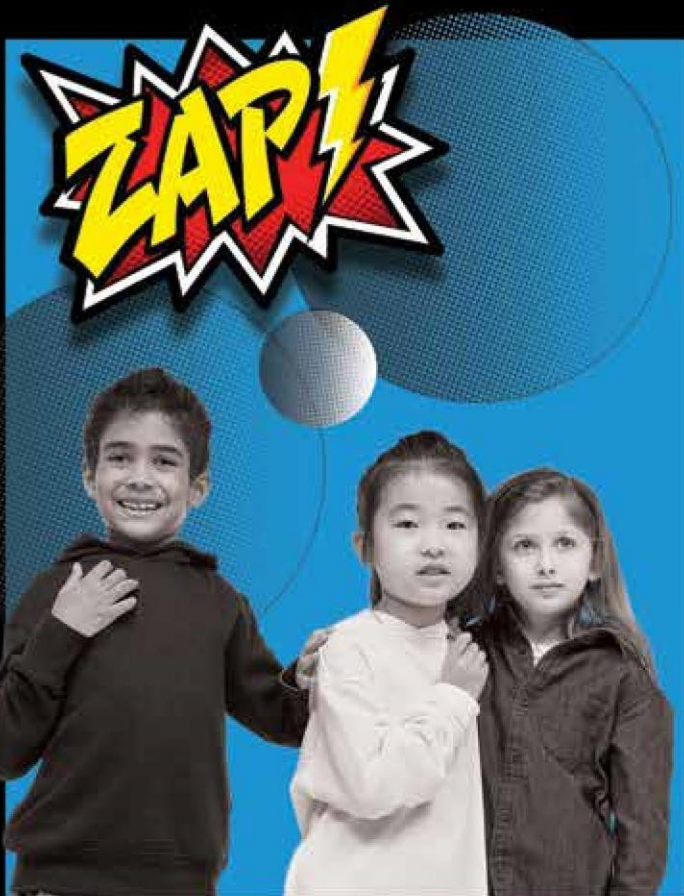


**Special
Olympics**
Montana



Special Olympics
Unified Champion
Schools

Statewide Inclusion Week
Facilitator's Guide



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!

- Activity Card: *Strong Minds Glitter Jar*: [How to Create a Glitter Jar for Kids – Mindful Daily Practices](#)
- VIDEO Introduction to Unified Champion Schools: General Generation Unified: <https://www.generationunified.org/videos/unifiedgeneration/> (Length 1:00)
- VIDEO Lesson: Inside Inclusion- BELONGING: <https://www.generationunified.org/videos/what-it-means-to-belong/> (Length 3:51)
- Additional VIDEO- Find your Sense of BELONGING through Unified Champion Schools: <https://www.generationunified.org/videos/find-your-sense-of-belonging-with-unified-champion-schools/> (Length 1:00)
- VIDEO LESSON for EMPATHY: EMPATHY from Brene' Brown: <https://www.youtube.com/watch?v=HznVuCVQd10> (Length 2:32)
- *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!

- Activity: *Hula Hoop Fingers* (see pg. 5)
- Activity: *Design-Build-Test* (see pg. 5-6)
- VIDEO Lesson: Special Olympics UNIFIED SPORTS and Physical Education <https://www.generationunified.org/videos/play-unified-unified-sports/> (Length 4:48)
- VIDEO Lesson: TEAMWORK Lessons to Learn from Geese: <https://www.youtube.com/watch?v=OD7EGNaTi2A> (Length 1:01)
- VIDEO Lesson: UNIFIED TALKS- TEAMWORK and Collaboration <https://www.generationunified.org/videos/unified-talks-teamwork/> (Length 5:32)

Wellness Wednesday:

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

- Activity Card: *Wellness Wednesday MISSION: FITNESS!* Activity Cards with the following Active Videos:
 - WARM UP Video with Special Olympics South Carolina Health Messenger- <https://www.youtube.com/watch?v=CCsXCneD-PM> (Length 4:29)
 - Video - Brain Breaks: [Fit 5 \(specialolympics.org\)](https://www.specialolympics.org)

Do Levels 2-5 Videos: Endurance, Flexibility, Balance, Strength

- Video - After Lunch Workout: [Welcome to the School of Strength - YouTube](#) (Length 6:41)
- Video - [30-minute workout with celebrity trainer Shannon Decker: Part 1 - YouTube](#)
- Video - [H.Y.P.E. Cardio – Hip Hop Public Health \(hhph.org\)](#) (Length 15:00)
- **Activity: DANCE OFF!** (see pg. 7)
- **VIDEO Lesson:** Unified Fitness <https://www.generationunified.org/videos/favorite-fitness-activities-with-the-u-s-youth-ambassadors/> (Length 4:37)
- **Special Olympics Fitness BINGO CARDS:** [SO Fitness Bingo Cards](#)

Thoughtful **Thursday:**

Wear something with a number on it because EVERYONE COUNTS!

- **Activity: Walk the Line Activity** (see pg. 7)
- **Activity: Goodie Bag Skits Activity** (see pg. 8)
- **Activity: Pick a Pair (or Three) Activity** (see pg. 8)
- **VIDEO Lesson:** Don't be quick to judge others- Snack Attack: https://www.youtube.com/watch?v=38y_1EWIE9I&t=34s (Length 4:41)
- **VIDEO Lesson:** We are All Different - and THAT'S AWESOME! <https://www.youtube.com/watch?v=aApDfrXXiL8> (Length 4:40)



Fearless **Friday:**

Dress like the Superhero that you are!

- **Activity: Minefield** (see pg. 9)
- **Activity: Strike a Pose!** (see pg. 9)
- **VIDEO Lesson:** Unique Gifts & Inspiring Others: https://youtu.be/4p5286T_kn0 (Length 3:11)
- **VIDEO Lesson:** The Present <https://www.youtube.com/watch?v=3XA0bB79oGc> (Length 4:18)



Daily Lesson Ideas

Mindful Monday:

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

- **Activity Card:** *Strong Minds Glitter Jar*. [How to Create a Glitter Jar for Kids – Mindful Daily Practices](#)
- **VIDEO Introduction** to Unified Champion Schools and the Generation Unified: <https://www.generationunified.org/videos/unifiedgeneration/> (Length 1:00)
- **VIDEO Lesson** for BELONGING: <https://www.generationunified.org/videos/what-it-means-to-belong/> (Length 3:51)
- **Additional VIDEO- Find your Sense of BELONGING through Unified Champion Schools:** <https://www.generationunified.org/videos/find-your-sense-of-belonging-with-unified-champion-schools/> (Length 1:00)



VIDEO LESSON Discussion Questions:

1. In your own words, what does it mean to BELONG?
 2. Today is Mindful Monday. This day is all about making sure that we keep our minds open to recognize our own feelings and needs. We also must be mindful of other's feelings and needs. How can we be more mindful of other's feelings?
 3. Do you think that we all need to have a sense of belonging? Why?
- **VIDEO LESSON for EMPATHY:** EMPATHY from Brene' Brown: <https://www.youtube.com/watch?v=HznVuCVQd10> (Length 2:32)

VIDEO LESSON Discussion Questions:

4. What is EMPATHY? And how is it different from SYMPATHY?
 5. The video talks about making connections with others, how does this relate to being mindful?
 6. 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!

- **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 share out on your school website. The team whose catapult works best wins bragging rights!



- **VIDEO Lesson:** Special Olympics UNIFIED SPORTS and Physical Education <https://www.generationunified.org/videos/play-unified-unified-sports/> (Length 4:48)

VIDEO LESSON Discussion Questions:

1. What does the term UNIFIED mean to you?
 2. Why is it important to have Unified Sports opportunities where inclusion can happen through sports, PE and other activities?
 3. How could Unified Sports change student perspectives? How could that type of inclusion make a school better?
- **VIDEO Lesson:** TEAMWORK Lessons to Learn from Geese: <https://www.youtube.com/watch?v=OD7EGNaTi2A%20> (Length 1:01)

VIDEO LESSON Discussion Questions:

1. What were the five lessons we can learn from geese?
 2. Let's walk through each one and talk about how they relate to being an inclusive person, a good teammate, and a Unified Champion School:
 - a. UNITY is strength
 - b. Adherence to a plan
 - c. Empowering others to lead
 - d. Empathy
 - e. Communicate within the team
- **VIDEO Lesson:** UNIFIED TALKS- TEAMWORK and Collaboration <https://www.generationunified.org/videos/unified-talks-teamwork/> (Length 5:32)

VIDEO LESSON Discussion Questions:

1. What is the difference between TEAMWORK and COLLABORATION?
2. How can any group or team benefit from collaboration?

Wellness Wednesday:

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

- **Activity Card: Wellness Wednesday MISSION: FITNESS!** Activity Cards with the following Active Videos:
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 - VIDEO - Brain Breaks: [Fit 5 \(specialolympics.org\)](https://www.specialolympics.org)
 - Do Levels 2-5 Videos: Endurance, Flexibility, Balance, Strength
 - VIDEO - After Lunch Workout: [Welcome to the School of Strength - YouTube](#) (Length 6:41)
 - VIDEO - [30-minute workout with celebrity trainer Shannon Decker: Part 1 - YouTube](#)

- o VIDEO - [H.Y.P.E. Cardio – Hip Hop Public Health \(hhph.org\)](http://hhph.org) (Length 15:00)

- **Special Olympics Fitness BINGO CARDS:** [SO Fitness Bingo Cards](#)

- **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!



- **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, 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: Don't be quick to judge others-** Snack Attack:
https://www.youtube.com/watch?v=38y_1EWIE9I&t=34s (Length 4:14)

VIDEO LESSON Discussion Questions:

1. What happened in this video?
2. Was this an example of judging or stereotyping? How so?
3. What kind of judging and stereotyping have you seen or experienced in your own life?
4. Do you think that people with disabilities deal with stereotyping?
5. Today is thoughtful Thursday; how can taking the time to get to know someone and being thoughtful towards others keep us from judging or stereotyping?

- **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!



- **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 on social media or to your school website. 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:** Recognizing Unique Gifts & Inspiring Others: https://youtu.be/4p5286T_kn0 (Length 3:11)

VIDEO LESSON Discussion Questions:

1. How did most classmates and adults treat Clint? How did Mr. Jensen treat him differently?
2. Did the teacher, Mr. Jensen, make an impact on Clint's life?
3. What is the lesson that all of us can take away from this video and how can it relate to being fearless?

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