

# KINDNESS IS INCLUSIVENESS



## FILLING OUR **CLASSROOM** WITH **INCLUSIVENESS**

According to the Random Acts of Kindness Foundation, **INCLUSIVENESS** means including others, inviting them in, and welcoming them with open arms. This month, we are going to focus on being more inclusive in our classroom. Maybe it seems a silly thing to think about (of course we are inclusive of our student(s)!), but sometimes we take those closest to us for granted. We are not as intentional as we should be about inviting them into our lives, or welcoming them with all of their wonderful, unique qualities.

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# Showing Inclusiveness

This month we are talking about **inclusiveness** and what that means for us in our classroom.

The first thing to discuss is the definition of **inclusiveness**. What does it mean to to be inclusive and how does it feel when you are included?

Next, talk about how you include each other in things that you do as a class. What are some things you do to show inclusiveness?

- Ensure everyone gets a turn doing classroom jobs.
- Ensure everyone has enough supplies to be successful.
- Inviting everyone to join in a game during recess or free time.
- Letting everyone share something about themselves.

What else can your preschool students do to show inclusiveness at school?

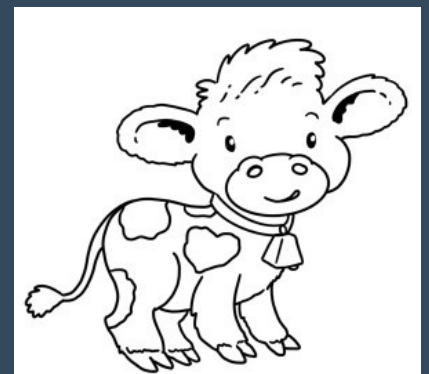


## Curriculum Quick Guide

Cycle 1: Ages 3-4; Cycle 2: Ages 4-5; Cycle 3: Ages 5-6

Each week there is a story centered on the kindness concept and corresponding activities that span the curriculum: math & science, citizenship & social studies, music & movement. Each week you can choose whichever activities you feel your class would enjoy the most. There is also an optional project at the end of each week. Each concept has 4 weeks worth of stories and activities to enjoy. Additionally, each week you will meet one of our RAK animals who will help guide you through the materials through fictional stories (as part of our citizenship element). For *Inclusiveness*, you will meet

**Isaac the Inclusive Cow.**



# Inclusiveness

Here are some things you can do this month to practice inclusiveness.  
What else can you and your family do?

"I believe in a passion for inclusion."

~Lady Gaga

What Random Acts of **Inclusiveness** will you do today?

SUN	MON	TUE	WED	THU	FRI	SAT
	Write down all the things you like to do as a family and pick one thing to do together.			Ask someone in your household to do something with you, just for fun.		
Call another family member to check in on them or invite them to do something with you.		Tell someone in your family why you are glad they are part of your family/household.			Ask someone if your family if you can join them in a task or activity. It's ok to ask to be included!	
	Leave a special note or message for someone in your family complimenting their unique qualities.		Take a family walk.			Make a meal together.
		Play a family game.		Go around the table and say one thing that makes each person an important member of the family.		
Watch a movie together.						

