



Inclusion Activity Ideas from Montana Educators

In 2023, ***the annual day of awareness is held on March 1***. While most activities are centered on or near that awareness day (week) in March, people everywhere are encouraged to spread the word in their communities and schools throughout the year.

- Intentional Acts of Kindness-the idea is to “catch” students showing kindness/respect and give them a ticket on which they can record their name, room, classroom teacher. The tickets go into a container and as one of the culminating events, tickets are drawn and the student wins SOMT “Swag”.
- Kindness Coins-found at https://www.orientaltrading.com/kindness-coins-a2-39_1655.fltr OR [here](#) on Amazon. The idea is similar to the one described above with the difference being that students, once they receive a coin, look for other students demonstrating kindness & pass it on!
- Kindness “Rocks”-students paint & decorate rocks to pass along or to place around the playground or school
- Feature one (or more) of the Unified Young Reader book selections during the week & have a follow-up school wide activity such as a reflective art or writing project, which could then be displayed around the school. These could be read by a Unified pair, a representative from the Inclusive Student Council, the Principal, the Health/PE teacher, etc.
- Share a short, Unified Talks video with students. These can be accessed at: <https://www.generationunified.org/video/>
- Provide an explicit lesson on Inclusion. These can be accessed at: <https://www.generationunified.org/unified-classroom/>
- Use a three-column chart to brainstorm what RESPECT looks like at home, at school, and in the community
- Create a Respect word web & complete with students in your classroom
- Focus on Inclusion activities such as: an inclusive craft activity, a Unified athletic activity such as an inclusive walk around the school, unified yoga, or unified basketball game, etc.
- Provide sentence starters such as “Inclusion is....”, or “Respect is.....” -students illustrate &/or write about what that looks like or could look like
- Create a student led video to be shared school wide using a white board or posterboard with those same sentence starters



- Suggestions for special days during the week of activation:
 - Hats off for Inclusion-wear a special/unique hat
 - Friendship Day-determine a specific color to signify & encourage all students to wear that color on a specified day
 - No one sits alone Day/Week-have this as a focus during lunchtime-students and staff find someone to sit with during lunch
 - Crazy sock day-just like socks, we are all unique
 - Tie Dye Day-we are all blended together at our school
 - Team Up for Inclusion-wear your favorite sports team jersey or gear
 - Pajama Day-be comfortable with who you are
 - School Mascot Unity Day-we are all part of the same “team” at our school

Contact Teresa Rainforth at trainforth@somt.org for the following resources:

- Spread the Word banners for students to sign & then display
- “I signed the Pledge” stickers for students
- SOMT-UCS “swag” such as: color changing pencils, lip balms, sunglasses, bracelets, etc. to support drawings/prizes at your school
- If you would like more information on the Unified Young Reader resources