

SEL Activity

The Power of Inclusion



grades 2-3



30-40 minutes

Objectives

- Students recognize how embracing differences helps build a stronger, more connected community.
- Students reflect on their responsibility in creating an inclusive and welcoming environment.
- Students practice using kindness to include others.

Essential Questions

- How can appreciating and understanding differences help make a community stronger?
- Why is it important to make sure everyone feels like they belong?
- What are ways you can help make others feel included and supported?

Vocabulary

Inclusion: noun; the act or practice of making space for everyone to participate and belong.

Exclusion: noun; the act or practice of not allowing someone or something to take part in an activity or to enter a place.

Empathy: noun; the ability to understand and share someone else's feelings.

Invitation: noun; a gesture that encourages others to join a group or event, making them feel welcome and included.

📷 MATERIALS + MEDIA

Video: [Diversity and Inclusion: Lessons In Friendship and Love](#) (6:33)

SEL CORE COMPETANCIES

Social awareness: Empathy
Self-awareness: Growth mindset
Relationship skills: Relationship-building

Before you Begin

- Preview the scenarios for the Activity: You Can Sit With Us. Choose or add ones that you feel are relevant for students (CONNECT + CLOSE section).
-

Program Connections

This activity aligns with all lessons in our ThinkGive Elementary School programs, where students practice taking kind and inclusive actions. To learn more, visit our [PROGRAMS](#) page.

THINK • GIVE

Watch: [Diversity and Inclusion: Lessons In Friendship and Love](#) (6:33). In this TEDx Talk, third-grader Maryam Elassar shares a personal story about a moment that changed her perspective on diversity and inclusion. Through her experience, she explores the importance of embracing differences and creating inclusive environments.

Discuss:

- How did Maryam and the other girl feel about each other at first?
- What did Maryam do to make their friendship more welcoming?
- Have you ever made a new friend who was different from you? What was that like?
- Why is it important to be kind to people who might seem different from us?
- How can we make sure everyone feels included at school?

DIGGING DEEPER

Discuss:

- What are some reasons kids might not play with someone new right away?
 - How can small, kind actions, like inviting someone to play, make a big difference?
-

CONNECT + CLOSE

Activity: You Can Sit Here

Divide students into small groups. Each group acts out a scenario twice. The first time, they show what it looks like when someone is excluded. The second time, they act out the same scenario, showing how to include someone.

Scenarios:

- A classmate asks to sit at your lunch table.
- A classmate asks to join your soccer game at recess.
- During choice time, you notice a classmate playing alone.
- A new student gets on the bus and is looking for a seat.

Discuss:

- What were the differences between the first and second versions?
- How did it feel to be left out? How did it feel to be welcomed?
- Why is it important to include others?
- What are some ways we can make sure everyone feels like they belong in real life?

ACTION

Explain: Including others helps us make new friends and build a kind and welcoming community. When we invite others to join, everyone feels happy and included! Over the next few days, try to invite someone new to play, sit with you, or work together. Small acts of kindness can help everyone feel like they belong!

REFLECTION

Lead a class discussion or give students time to write in their journals. Use these questions to guide their thinking:

- How did it feel to invite someone to join you?
- How did including others make your community stronger?
- What are some ways you can keep making sure everyone feels welcome?
- How can you encourage your friends to include others too?