

<b>Materials</b>	Inclusion pledge, paper, markers
<b>Learning Outcome</b>	Demonstrate social awareness by developing a pledge for inclusion.

## Description

Ask the child if they know what the term inclusion means and discuss their answer. Share that inclusion is showing acceptance, support, and compassion to all individuals regardless of background, identity, or ability. Inclusion promotes feelings of safety and trust in a barrier-free environment. Ask the child to think about how they already practice inclusion and how they can work towards further supporting inclusion.

Invite the child to use the card on the next page/below to create an inclusion pledge. The card can be printed or the child can use it as a template to develop their own pledge card on a piece of paper. If the child is unfamiliar with the term pledge, explain that it is a promise to act or behave a certain way.

If the child needs support, share the following points below for them to consider as they brainstorm their pledge.

- Inclusion means respecting individuals with differing abilities, beliefs, and orientations.
- Inclusion means accepting and showing compassion to individuals that are lonely, isolated, or excluded.
- Examples of barriers to inclusion include a fear of differences or simply being unaware of differing abilities, beliefs, and orientations.

# Inclusion Pledge

I pledge to...

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## Emotional Well-Being Competencies



### THINK

Develop cognitive skills and strategies that facilitate self-management, decision-making, and relationship skills.



### FEEL

Develop affective skills and strategies that facilitate healthy and safe relationships with themselves, with others, and with their environment.



### ACT

Practice behaviour skills and strategies that facilitate responsible decision-making, self-awareness, and social-awareness.



## Reflection Questions

Reflection is important to support learning for emotional well-being. Consider asking the child the reflection questions below and discuss the answers together.

- Why is it important to ensure the inclusion of everyone?
- What other factors must be considered when working toward inclusion (e.g., laws, buildings, jobs, etc.)?