

Who Are You?

This lesson uses a scavenger type bingo to encourage natural inclusiveness within your classroom as students hunt for classmates that embrace 30 different talents, strengths, and attributes.

Inclusiveness Sub-Concept(s)

Kindness

Lesson Timeframe

45 minutes

Required Materials

- Bingo Cards
- Pencils

Standards Map

This lesson aligns with CASEL Competencies, National Health Education Standards, and Common Core State Standards. Please refer to the [Standards Map](#) for more information.



**DESIGNATED BY CASEL
AS A RECOMMENDED PROGRAM
FOR SOCIAL AND EMOTIONAL LEARNING.**
See last page for details.

Lesson Objective

Students will:

- Recognize talents and strengths in fellow classmates.
- Use inclusiveness to include every student within the room in some capacity during the Bingo game.

Teacher Connection/Self-Care

The skill of working together on a team is one that is utilized throughout our adult lives. Your teaching partner, your grade specific teaching group, your school, and even your district are all run by structured teams that must find common ground to accomplish a shared goal. However, your assigned team doesn't necessarily correlate with your desired team. The skills you use in your classroom every day can and should be applied to the various teams, committees, and boards you sit on both at school and beyond. Don't expect to be perfect. We all have our faults. It is easier to look outwards than to personally reflect. Before you start complaining or struggling with your group, ask yourself these three questions: How can I help? How might I be a problem for others? How can I help things go right? We all have strengths and weaknesses. Being open about them can help you in any team situation. Be up front about both what you can offer and where you may struggle!

Tips for Diverse Learners

- Work with a partner who writes down responses on the Bingo Sheet for them.
- Have two copies of the Bingo sheet: one blank for the to fill out and the other filled in with everything they are good at to help them answer other's questions.



Share

5-7 minutes

Using the “Who Am I?” worksheet from the last lesson, play the following guessing game:

- Choose one of the strengths from each paper and read it aloud, allowing the class to guess which person you are highlighting.

How does it feel to be included in this activity? How did it feel to have your strengths highlighted? Let's continue our discussion on inclusiveness by working on getting to know our classmates even better!



Inspire

Exploring Inclusiveness

5-7 minutes

Review how important it is to include others in a variety of settings. We often think of inclusiveness during play time and recess, but we want to make sure everyone is included during learning time too! The word inclusiveness is just a fancy way to say everyone deserves to be included. Listen to the similarities between these two words: INCLUde and INCLUsiveness. When we include others we are showing kindness and inclusiveness!

Explain that practicing inclusiveness takes kindness, fairness, and courage. We can help others feel included simply by asking them to join us when we are creating learning groups, praising them when they get an answer correct, and smiling when they are talking.



Empower

15 minutes

Students will practice inclusiveness during a scavenger hunt Bingo game.

Explain that now that we have figured out some things each of us is good at, we are going to play a game to learn about others' talents and abilities as well. Pass out the Who are You? Bingo sheet and explain the different categories. Provide the following instructions:

- Notice that there are several different types of talents or abilities on the sheet. You will need to find someone in the class who is growing that talent or ability and have them write their name in the box. Each box should have a different name. You cannot use someone's name more than twice. Whoever gets five in a row first wins a bingo! Whoever completes the entire sheet first also wins a bingo!

Allow time for students to play the game, and award prizes if desired.



Reflect

5 minutes

- What qualities do you admire that other people have?
- How is it kind to recognize other people's strengths, talents, and abilities?
- How are we showing inclusiveness as we play this game? How can we continue this out into our daily lives at home?
- Are there times when it's more difficult to see what someone else is good at?

Inclusiveness is not just for games and making friends. We need to include others during learning time as well. When we practice inclusiveness and treat others fairly during cooperative learning time, we are being kind to every learner in our class. It is easier to learn when everyone is included! Be aware of how you treat others, especially people you do not know very well or feel like you have nothing in common with; when you practice inclusiveness, you might be surprised what talents you uncover!



Extension Ideas

- Expand this game to include classes and/or grades. Change the rules so that players cannot have any duplicate names. You could also increase the difficulty by not allowing players to include peers in their own class!

RAK Notebook Prompt (See RAK Notebook Project in the Respect unit for more details):

- Create a simple T-chart in your notebook. On the left side, list 2-3 people in your class you don't know very well. If you are very familiar with everyone, choose people you are not close friends with. On the corresponding right side, list 3 things you have in common with them. If you are struggling to come up with 3 things, make an effort this week to seek them out, include them in an activity. Add your newly discovered similarities into your chart!



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AND EMOTIONAL
LEARNING.

The Collaborative for Academic, Social, and Emotional Learning (CASEL) has been reviewing evidence-based SEL programs since 2003. Kindness in the Classroom® meets CASEL's SElect Program and is included in the CASEL Guide to Effective Social and Emotional Learning Programs.

Kindness in the Classroom® met or exceeded all of CASEL's criteria for high-quality SEL programming. Kindness in the Classroom® received CASEL's highest designation for high-quality SEL programming.

<https://casel.org/guide/kindness-in-the-classroom/>

RANDOM ACTS OF KINDNESS
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Who Are You? BINGO Game

Directions: Try to find someone who has the talent or ability written in the boxes below. The first person to get five in a row wins a BINGO! The first person to finish the whole card also gets a BINGO!

| | | | | |
|--------------------------------------------------|---------------------------------------------------|------------------------------------------------------|--------------------------------------------|--------------------------------------------|
| Talented soccer player NAME _____ | Likes to play piano NAME _____ | Enjoys being with animals NAME _____ | Loves to play basketball NAME _____ | Is good at math NAME _____ |
| Listens well to others NAME _____ | Likes to play with younger kids NAME _____ | Good at building things NAME _____ | Good at whistling NAME _____ | Good at playing baseball NAME _____ |
| Enjoys science projects NAME _____ | Good at a sport NAME _____ | FREE SPOT (write your talent below) | Likes to read NAME _____ | Good at helping others NAME _____ |
| Loves to swim NAME _____ | Likes to tell jokes NAME _____ | Enjoys writing stories NAME _____ | Enjoys computer games NAME _____ | Enjoys telling stories NAME _____ |
| Enjoys talking to older people NAME _____ | Good at painting or drawing NAME _____ | Plays an instrument NAME _____ | Loves to plant flowers NAME _____ | Good at dancing NAME _____ |