

Blocks of Inclusiveness

KINDNESS AT HOME™
INSPIRE • Week 2 • INCLUSIVENESS

Lesson Timeframe

15-20 mins

Materials

- ❑ Blocks, Oranges, or other items to stack
- ❑ Journal
- ❑ Pencil or Drawing Supplies



Inspire

When we think of inclusiveness, we think of including others. However, in our own household it can be difficult to WANT to intentionally include everyone all the time. We tend to gravitate to certain family members more because of personalities or similar interests. However, we cannot be truly inclusive outside our home if we do not practice inclusiveness within our own family. **Inclusiveness is including others, inviting them in, and welcoming them with open arms.** This week, we will highlight how we practice inclusiveness within our home and new ways to expand upon this.



Discussion Starter

Gather a large pile of blocks (or other items to stack, such as oranges or books) and take turns answering the following: **What are some special things your family does or shares that create a sense of inclusiveness for you as part of your family?**

What are some special things that only you and your family know about, say, or do together?

Go around to each family member and have them answer the question, placing one block on top as they share their answer. Keep going and see just how high your tower of inclusiveness can get! The focus is on how your family includes each member. You may be surprised at just how many ways you accomplish this.

Note: If this is difficult for your family, focus on each person answering once. How do they feel included? What is one thing you do together as a group? Start small. The goal is simply to highlight what IS working so you have something to build off of.



Journal Prompt

It's very important to be aware of how your actions either promote or impede inclusiveness in your home. In your journal, choose one of the following to help you grow and/or reflect on this topic.

- **DRAW:** Sometimes inclusiveness is also about fairness. Draw a picture of a traditional balance scale with two plates suspended on either side. Draw or list out the responsibilities that the kids have on one side, and the responsibilities that parents/guardians have on the other. How are the responsibilities fairly distributed? How might things be more fair?
- **DO:** Create a T-chart and divide out jobs or duties in your family, with parents/guardians on one side and kids on the other. How are the jobs/duties divided up? Does it feel fair? Why or why not?
- **WRITE:** Do you feel like things are fair in your family? Why or why not?

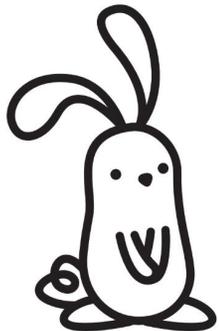


Kindness Hack

Inclusiveness at home is vital for a kind and loving environment. If you are ready to go the extra mile, try this:

- If things are feeling a little out-of-balance in your family, make time to think about and talk through ways to even things out. When you consider all the duties everyone has each day or week, is there a way to

Want to increase the challenge? Choose items that are difficult to stack!



include others in those tasks so they are more manageable? For example: If one person always cooks *and* cleans up the kitchen every day, would it make sense for someone else to step in and help with either the cooking or the clean up? Or, even if the kids in the family are younger, what small jobs can they help with so they feel more included and develop good helping habits now?