

# Inclusiveness

Our Young Kindness in the Classroom lessons teach kindness skills through a combination of literacy, math and science, citizenship, and music/movement activities that allow our youngest students a chance to explore difficult abstract concepts through a variety of concrete opportunities.



This unit is the third of our six-unit series, which lasts six months. If your school operates year-round, there is a second six-month cycle that will cover the same concepts, but at a higher level. The focus at this young age is exposure to basic levels of inclusiveness and ample time to practice skills related to this concept.

## Overview of Inclusiveness Unit

This packet contains everything you will need to complete this four-week unit. This is broken down into three core components:

- **Unit Overview** This includes a snapshot of everything covered in the following 4 learning domains:
  - **Literacy** There are four read-alouds PLUS activities and printables
  - **Math/Science** Counting, Patterns, Experiments, etc.
  - **Citizenship/Social Studies** Our themed RAK character will take students through community-based INCLUSIVENESS activities
  - **Music & Movement** Rhymes, fingerplays, chants, etc. to reinforce INCLUSIVENESS
  - ONE **PROJECT** IS ALSO INCLUDED EACH WEEK!
  
- **Weekly Plans** Each week includes all four domains and covers the following themes:
  - Week 1: **Friendship, Kindness**
  - Week 2: **Inclusiveness, Kindness, Friendship**
  - Week 3: **Friendship, Inclusiveness, Kindness**
  - Week 4: **Diversity, Inclusiveness**
  
- **Printables** Each learning domain includes at least one printable to help reinforce the concept and practice basic fine and gross motor skills. The RESPECT unit includes the following:
  - I is for INCLUSIVENESS coloring sheet (**Literacy**)
  - Animal & Farm Friends Sort (**Math**)
  - What's in a Cookie and What is It? (**Science**)
  - Inclusive Isaac Stories (**Citizenship**)
  - Song Sheets (**Music & Movement**)
  - **And more..!**

# Inclusiveness

RAK Concept: Inclusiveness	Read Aloud/ Literacy	Math/Science	Social Studies/ Citizenship	Music & Movement
<p><b>Week 1</b></p> <p><i>Themes:</i> Friendship, Kindness</p> <p><b>PROJECT:</b> Kind or Unkind?</p>	<p><i>How Do Dinosaurs Stay Friends</i> by Jane Yolen <a href="https://youtu.be/jyaXjZFKFHw">https://youtu.be/jyaXjZFKFHw</a></p>	<p>Animal Classification</p>	<p>Meet Isaac the Inclusive Cow!</p>	<p>Friend of Mine</p>
<p><b>Week 2</b></p> <p><i>Themes:</i> Inclusiveness, Kindness, Friendship</p> <p><b>PROJECT:</b> Welcome Mat</p>	<p><i>Boo Who?</i> by Ben Clanton <a href="https://youtu.be/15Km2ofovs4">https://youtu.be/15Km2ofovs4</a></p>	<p>Farm Friends Sort</p>	<p>Isaac Make Everyone Feel Welcome</p>	<p>We Are Special</p>
<p><b>Week 3</b></p> <p><i>Themes:</i> Friendship, Inclusiveness, Kindness</p> <p><b>PROJECT:</b> We All Belong</p>	<p><i>Pumpkin Soup</i> by Helen Cooper <a href="https://youtu.be/IDax5kx2-Ks">https://youtu.be/IDax5kx2-Ks</a></p>	<p>What's in a Cookie?</p>	<p>Isaac and the Chickens</p>	<p>Old MacDonald</p>
<p><b>Week 4</b></p> <p><i>Themes:</i> Diversity, Inclusiveness</p> <p><b>PROJECT:</b> Scribble Friends</p>	<p><i>I'm Not Just a Scribble</i> by Diane Alber <a href="https://youtu.be/3VVXQdmBZaQ">https://youtu.be/3VVXQdmBZaQ</a></p>	<p>What is It?</p>	<p>Isaac and the Unexpected Visitors</p>	<p>Five Red Ladybugs</p>

# Inclusiveness Week 1

**Theme:** Friendship, Kindness

**Book of the Week:** *How Do Dinosaurs Stay Friends* by Jane Yolen <https://youtu.be/jyaXjZFKFHw>

**Materials:** Book of The Week, Inclusive Isaac Script, Sing-Along, paper, markers, plastic animals, worksheet

## Literacy



### Share

Read *How Do Dinosaurs Stay Friends* by Jane Yolen

Read Aloud Link: <https://youtu.be/jyaXjZFKFHw>

Together, discuss what the dinosaurs did to be mean to each other. Discuss what the dinosaurs did to show kindness to each other. How do you show kindness to your friends?

## Math & Science



### Inspire

#### Animal Classification

On a large piece of paper, draw a Venn diagram with two circles. Overlap them so that there is a medium-sized intersection in the center. Then, using small plastic animals (or simply write the animal names if you don't have the figures), have students help you sort the animals into "Land Animals" and "Water Animals" and those that go in "Both" (the center of the diagram). Talk about how some animals are different and some are the same. Discuss how some get along (like the farm animals!) and some don't.

## Citizenship & Social Studies



### Empower

Introduce ISAAC the INCLUSIVE Cow. Isaac is always kind and inclusive of all the other animals. This means he works hard to make sure everyone belongs. How can you help others feel like they belong? **Read Part 1 of the INCLUSIVE ISAAC script located at the end of this unit.**

## Music & Movement



### Reflect

Using the Sing-Along sheet at the end of the unit, sing the following song:

#### **Friend of Mine**

Original Author Unknown

(Tune: Mary Had a Little Lamb)

Will you be a friend of mine,  
Friend of mine, friend of mine?  
Will you be a friend of mine  
and **(choose an action)** along with me?

(Example actions: hop, skip, laugh, clap)

## OPTIONAL PROJECT



### Project

In our story, the dinosaurs were both mean and nice to each other. On the Friends are Kind Worksheet you'll see friends being KIND and friends being UNKIND. Circle all of the KIND actions you see. How can you be a kind friend today?

# Inclusiveness Week 2

**Theme:** Inclusiveness, Kindness, Friendship

**Book of the Week:** *Boo Who?* By Ben Clanton <https://youtu.be/I5Km2ofovs4>

**Materials:** Book of the Week, Inclusive Isaac Script

## Literacy



### Share

Read *Boo Who?* By Ben Clanton

Read Aloud Link: <https://youtu.be/I5Km2ofovs4>

Together discuss why Boo felt he didn't fit in. By the end of the story, Boo felt more included with the others. Why?

## Math & Science



### Inspire

#### Farm Friends Sort

Use the Farm Friends Sort Activity to help students see how many different things can make up one inclusive experience.

## Citizenship & Social Studies



### Empower

Bring ISAAC THE INCLUSIVE COW to circle time. Isaac always shows inclusiveness. Whenever we see Isaac, we think of welcoming others and making them feel like they belong. Let's see how Isaac has shown inclusiveness today. **Read Part 2 of the INCLUSIVE ISAAC script.**

## Music & Movement



### Reflect

Using the Sing-Along sheet at the end of the unit, sing the following song:

#### We Are Special

(Tune: Where is Thumbkin?)

I am special, I am special, look at me and you'll see

Someone very special, very, very special,

That is me. YES, IT'S ME!!

**\*See song sheet for all 3 verses and movements**

## OPTIONAL PROJECT



### Project

#### Welcome Mat

Give each student a Welcome Mat worksheet to color. Explain that a mat outside of a door might only seem like a way for you to clean off your dirty shoes before entering the house. But, it can also be considered a way to welcome or greet visitors as they arrive. Some people put colorful welcome mats out that say "Welcome!" or "Home Sweet Home." The next time you visit another house, look to see if they have a welcome mat. Today, you are going to color your own welcome mat. Then we will hang these up outside our door to remind everyone they are welcome in our classroom!

# Inclusiveness Week 3

**Theme:** Friendship, Inclusiveness, Kindness

**Book of the Week:** *Pumpkin Soup* by Helen Cooper <https://youtu.be/IDax5kx2-Ks>

**Materials:** Book of the Week, Inclusive Isaac Script, Sing-Along Sheet, What's in a Cookie worksheet (and possibly cookie-making supplies), construction paper, scissors, tape/glue, crayons/markers.

## Literacy



### Share

Read *Pumpkin Soup* by Helen Cooper

Read Aloud Link: <https://youtu.be/IDax5kx2-Ks>

Talk about the jobs we do at home. What are some jobs that only our parents and guardians do? What would happen if WE did those jobs instead? What are the jobs we do here at school? How is everyone included?

## Math & Science



### Inspire

#### What's in a Cookie?

Have students cut out the ingredients on the What's in a Cookie worksheet. Then, talk about the ingredients they think might go into making a chocolate chip cookie. Then, read the provided recipe and have the kids check their work. Did they pick the right ingredients? Discuss the fact that each required ingredient must be included in order to produce yummy cookies. As a bonus, you could bring in the ingredients\* and, as a class, make a batch of cookies \*Adjust ingredients to account for classroom allergies or bring in pre-packaged cookies as a treat.

## Citizenship & Social Studies



### Empower

Take time to talk with ISAAC THE INCLUSIVE COW. Isaac always shows inclusiveness. Whenever we see Isaac, we think about how welcoming he is. Let's see what Isaac is up to on the farm today. **Read Part 3 of the INCLUSIVE ISAAC script located at the end of this unit.**

## Music & Movement



### Reflect

Using the Sing-Along sheet at the end of the unit, sing the following song

#### Old MacDonald

*Old MacDonald had a farm, E-I-E-I-O!  
And on his farm, he had a **cow**, E-I-E-I-O!  
With a **moo-moo** here and a **moo-moo** there,  
Here a **moo**, there a **moo**,  
Everywhere a **moo-moo**,  
Old MacDonald had a farm, E-I-E-I-O!*

\*Repeat as many times as desired, each time with a different animal.

\*\*Have children notice how many animals can be on a farm together, each doing their own unique jobs!

## Optional Project



### Project

#### We All Belong

Help students write their name and color/decorate a paper strip that you have pre-cut for them (strips should be 2-3 inches wide). Then, have students line up with their colored strips. Go down the line and help them either tape or glue their strips into a chain. In the end, you'll have a long classroom chain of everyone's names and unique styles, showing how everyone belongs to the class. Don't forget to add your own teacher/teacher's helper links! Hang the chain somewhere for the class to see.

# Inclusiveness Week 4

**Theme:** Diversity, Inclusiveness

**Book of the Week:** *I'm Not Just a Scribble* by Diane Alber

**Materials:** Book of The Week, Inclusive Isaac script, Sing-Along, drawing paper, crayons/markers

## Literacy



### Share

Read *I'm Not Just a Scribble* by Diane Alber

Read Aloud Link: <https://youtu.be/3VVXQdmBZaQ>

Discuss why the drawings didn't want to play with Scribble at first. What happened when they included him in their games?

## Math & Science



### Inspire

#### What Is It?

Select 3-4 objects with unique textures, shapes, and sizes. Put each in a box or opaque container that students can reach into and feel the object without seeing it. Have students try to guess the objects. Keep a running list of guesses on the board. Reveal the objects when everyone has guessed. Talk about how each is different yet useful and important, even if they weren't what you thought they were to begin with.

## Citizenship & Social Studies



### Empower

Talk with ISAAC THE INCLUSIVE COW about how much your class has learned about inclusiveness. Isaac always shows inclusiveness. Whenever we see Isaac, we think about welcoming everyone in with open arms. Even though this is our last week of inclusiveness, Isaac will stay with us this year to remind us to always be welcoming. **Read Part 4 of the INCLUSIVE ISAAC script below.**

## Music & Movement



### Reflect

Using the Sing-Along sheet at the end of the unit, sing the following song

#### Five Red Ladybugs

**Song credit: Christie Burnett**

Five red ladybugs climbing up a door,  
One flew away then there were four.  
Four red ladybugs sitting on a tree,  
One flew away then there were three.

[...]

**\*See song sheet for remaining verses**

## OPTIONAL PROJECT



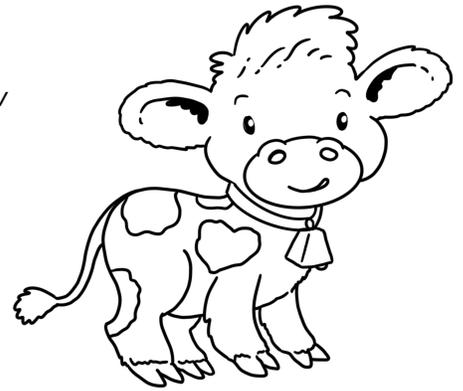
### Project

#### Scribble Friends!

Give everyone a blank sheet of white paper and invite students to design their very own Scribble. It can be in any color (or combination of colors). They should try to draw eyes, arms, and legs.

## INCLUSIVE ISAAC Script- PART 1

Meet Isaac! He is a Cow on our Kindness Farm. Isaac LOVES meeting new animals and visitors to the farm. In fact, he is the official Farm Greeter! His main job? To invite everyone in, with OPEN arms, and make them feel welcome! Can you all open your arms really wide for me? Great job! Isaac is the most welcoming animal on the Kindness Farm and this month we are going to learn how to be inclusive and welcoming just like him. Some things Isaac does to make everyone who visits the farm feel included is to greet them with a smile and a wave! He always asks everyone their name and works hard to learn it so when they come back, he can greet them by name! Let's try doing what Isaac does today and greet everyone we see with a smile.



## INCLUSIVE ISAAC Script- PART 2

Hello, Isaac! It's great to see you again! How are things going on the Kindness Farm this week? **\*Pretend Isaac whispers in your ear.** Oh! That is exciting! Class, the Kindness Farm had a class of children, just like our class, come for a visit. Who do you think welcomed them with OPEN arms? That's right! Isaac the Inclusive Cow! Show me again how we can open our arms really wide! Good! Isaac greeted them with a smile and a wave. He told the children all about the farm and he let each one of them help with a few chores. They fed the chickens. They collected eggs. They waved to the pigs, and they also sang a song to the sheep! **\*Can invite students to do the actions of feeding chickens, collecting eggs, waving, and signing.** Every student felt included as a special farm friend that day. We have a song about making people feel special this week, too. Whenever you sing that song, remember Isaac and how he makes other people feel special and included, too.

### INCLUSIVE ISAAC Script- PART 3

Welcome back, Isaac! We learned all about how to be inclusive and welcoming last week! It's been so much fun to greet others and welcome them in with open arms - right, Class? Isaac, what kinds of welcoming things are you doing on the farm this week? **\*Pretend Isaac whispers in your ear.** Oh wow! Class, this week Isaac said something interesting happened on the farm. The chickens stopped laying eggs! They said they wanted to graze out in the fields all day and the COWS should lay the eggs this week! Well, because Isaac is so welcoming, he welcomed the chickens to the pasture and gladly went to the chicken coop. But what do you think happened when Isaac and his friends went to the chicken coop? **\*Invite student responses.** Those are all fun ideas! Yes - I think Isaac and his friends got to the coop and realized they were much too big to fit. They also couldn't lay eggs! They could only make milk! And the chickens realized that they didn't want to stand out in the grassy field all day. They liked the cozy straw of their nesting boxes. What happened next, Isaac? **\*Pretend Isaac whispers in your ear.** Ahhhh. So, the chickens returned to the coop, and Isaac and his cow friends returned to the pasture. They realized that they all belonged on the farm but that they had very special ways to belong. Without the chickens doing their job, there were no eggs. Without the cows doing their job, there was no milk. They each had a special role to play and when they worked together, they created a wonderful farm. What are the different jobs we do - or the rules we follow - in our classroom that make it a wonderful place for us all to belong?

### INCLUSIVE ISAAC Script- PART 4

Hello Isaac! Great to see you again! Though, Isaac, we are a little sad today. This is our last week with you! You have done such a great job making us all feel welcome on the kindness farm through our Inclusiveness lessons. Thank you! Class, can we all shout "THANK YOU" to Isaac? **\*Invites students to yell "THANK YOU!"** Isaac, before you go, tell us what you love most about the farm? **\*Pretend Isaac whispers in your ear.** What a lovely thing to say! Class, Isaac loves that every animal on the farm is unique and special, and even though they are all different, they all belong. Isn't that wonderful! It's like our classroom, too. We are all unique, special, and different, and yet we all belong here together. Everyone is welcome! Class, Isaac has one last story to share with us. I'll tell it to you now. One day a family came by the Kindness Farm. They were on their way to visit their grandparents when their car ran out of gas and coasted to a stop, right outside the farm gates. The horses noticed the car first and alerted the others that strangers were there. No one on the farm recognized these people. In fact, everyone was a little nervous watching them walk through the gate and into the barnyard. Even Isaac was a little nervous. He usually knows when visitors are coming. Mr. Farmer came out of the barn and greeted the strangers, but the strangers didn't seem to understand the farmer. They spoke a different language than the farmer did! Everyone stood there wondering what to do next. Just then a little boy in the family spoke up. He spoke both the language of the farmer and of his family. He could help! He explained that their car stopped running because they ran out of gas. They were hoping the farmer could help. Oh! Of course! The farmer laughed, the animals each made their unique happy noises, and the family laughed. Mr. Farmer had extra gas he could share. A farmer is always prepared! So, Mr. Farmer helped put more gas in the family's car and soon they were off. It was a good reminder that there are many people who need to feel welcomed, especially when they are in a tough situation and no one knows them. Wasn't that a nice story? Thank you for sharing it, Isaac. Class, please give Isaac a round of applause for all the wonderful welcoming lessons he's taught us this month! We will work hard to remember to welcome everyone with OPEN ARMS and to make them feel like they belong.



## **Friend of Mine**

Original Author Unknown  
(Tune: Mary Had a Little Lamb)

**Will you be a friend of mine,  
Friend of mine, friend of mine?  
Will you be a friend of mine  
and (choose an action) along with me?**

*(Example actions: hop, skip, laugh, clap)*

*\*Children do the actions as they sing the last line of the song.*



## **We Are Special**

(Tune: Where is Thumbkin?)

I am special, I am special,  
(points to self)  
look at me and you'll see  
(make finger goggles and look through them)

Someone very special, very, very special,  
That is me. YES, IT'S ME!!  
(point to self and shout YES IT'S ME)

YOU are special, you are special,  
(points to others)  
look at you and you'll see  
(make finger goggles and look through them)

Someone very special, very, very special,  
That is you. YES, IT'S YOU!!  
(point to self and shout YES IT'S YOU)

We're ALL special, we're ALL special,  
(points to self and to others)  
look at US and you'll see  
(make finger goggles and look through them)

Someone very special, very, very special,  
That is us. YES, IT'S US!!  
(point to self and others and shout YES IT'S US)



## Old MacDonald

Classic folk song based on the original tune and lyrics by Thomas D'Urfey

\*Let the children pick the animals in each verse - "Cow" selected to get you started.

*Old MacDonald had a farm, E-I-E-I-O!  
And on his farm, he had a **cow**, E-I-E-I-O!*

*With a **moo-moo** here and a **moo-moo** there,  
Here a **moo**, there a **moo**,  
Everywhere a **moo-moo**,  
Old MacDonald had a farm, E-I-E-I-O!*

\*Repeat as many times as desired, each time with a different animal.

\*\*Have children notice how many animals can be on a farm together, each doing their own unique jobs!



## **Five Red Ladybugs**

**Song credit: Christie Burnett**

(Children hold up 5 fingers)

Five red ladybugs climbing up a door,

One flew away then there were four.

(Children hold up 4 fingers after 1 flies away)

Four red ladybugs sitting on a tree,

(Children hold up 4 fingers)

One flew away then there were three.

(Children hold up 3 fingers after 1 flies away)

Three red ladybugs landed on a shoe,

(Children hold up 3 fingers)

One flew away then there were two.

(Children hold up 2 fingers after 1 flies away)

Two red ladybugs looking for some fun,

(Children hold up 3 fingers)

One flew away, and then there was one.

(Children hold up 1 finger after 1 flies away)

One red ladybug sitting in the sun,

(Children hold up 1 finger)

She flew away, and then there were none.

(Children hold up a fist or put hands behind back)

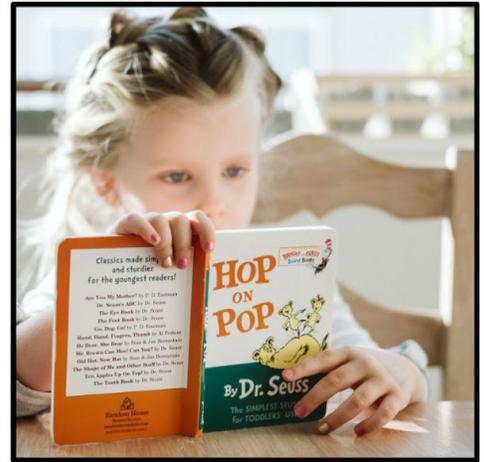
**Directions:** Below are pictures of friends being KIND and friends being UNKIND. Circle all of the KIND actions you see.



Helping someone who fell



Remembering to wash hands



Practicing reading



Helping to make a healthy meal



Hugging each other



Making a rude face



Being mean to someone else

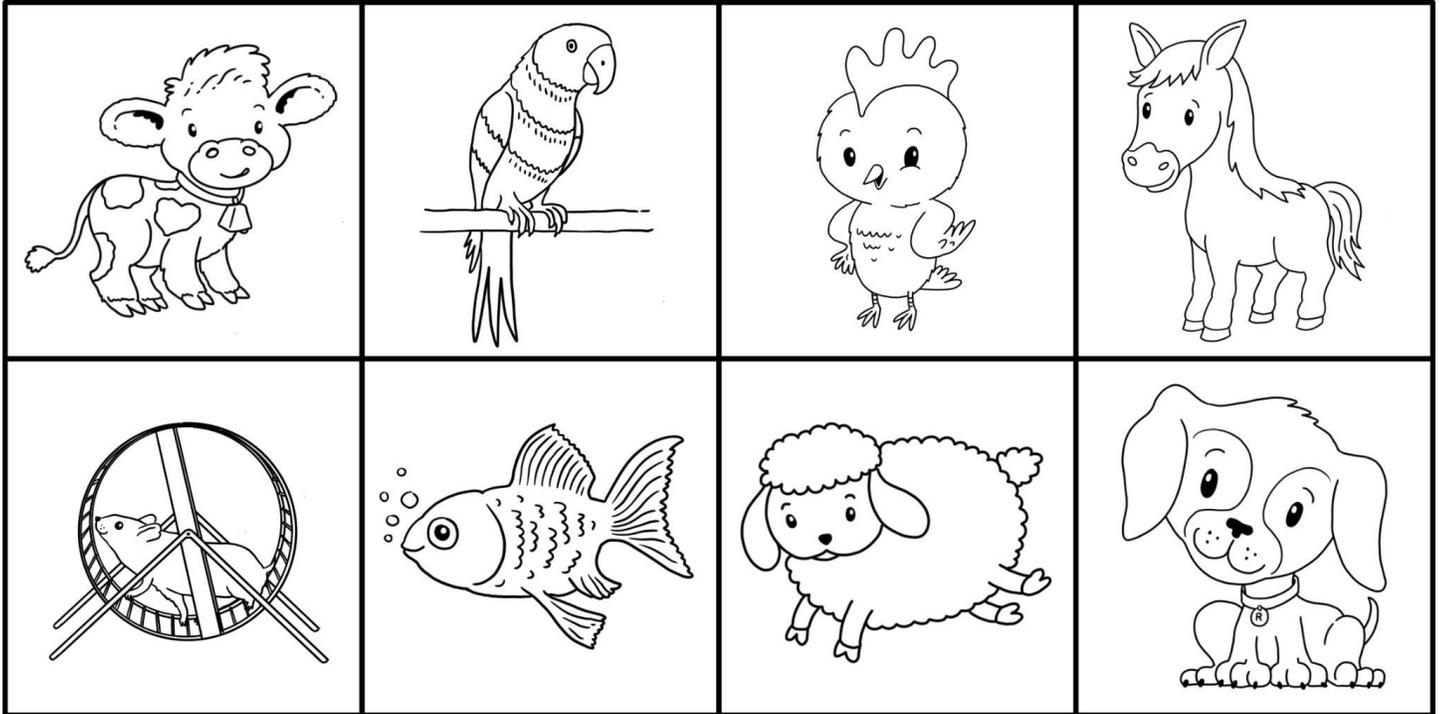


Politely waiting your turn

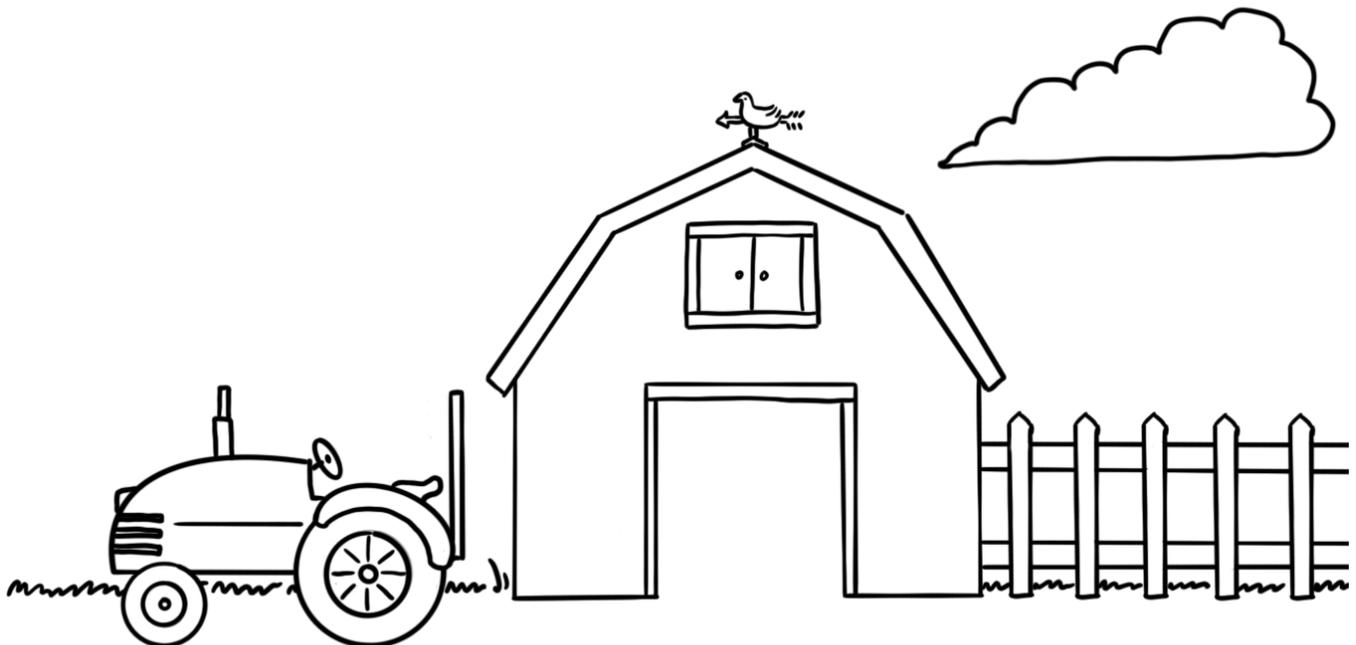


Sharing your toys

**Directions:** Below are pictures of FARM friends and CITY friends. Do you see Isaac the Inclusive Cow? Circle all of the FARM friends. Then, either cut out **only** the FARM friends and paste them into the farm scene below or draw your own farm scene. Notice how all of the farm friends, though different, all belong to the same farm and make it a kind, wonderful place - just like OUR kindness farm! \*And, yes, Raphael can be a Farm or City friend, but let's make sure he is included in our farm!



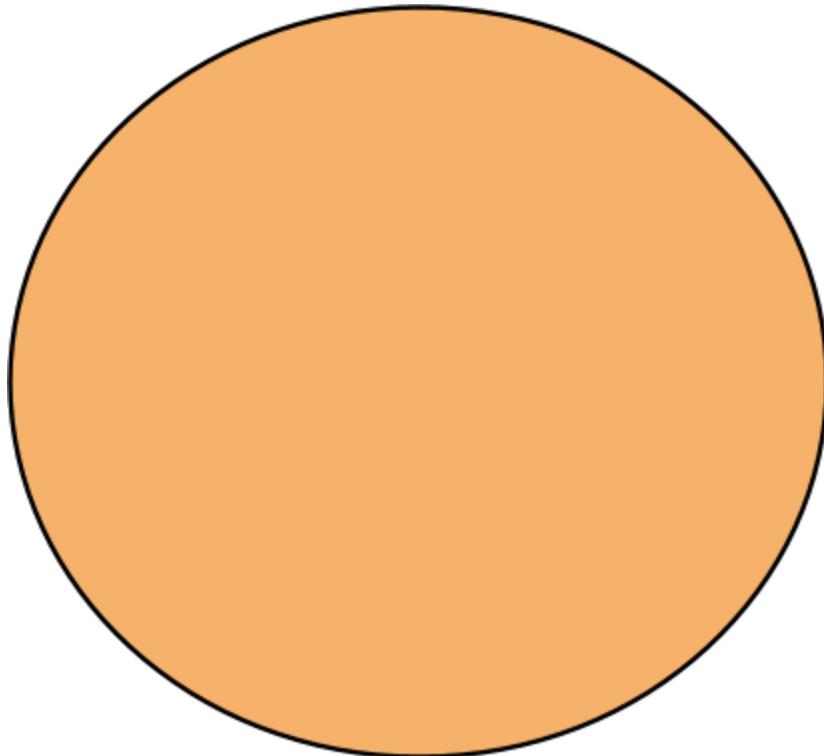
**Our Kindness Farm**





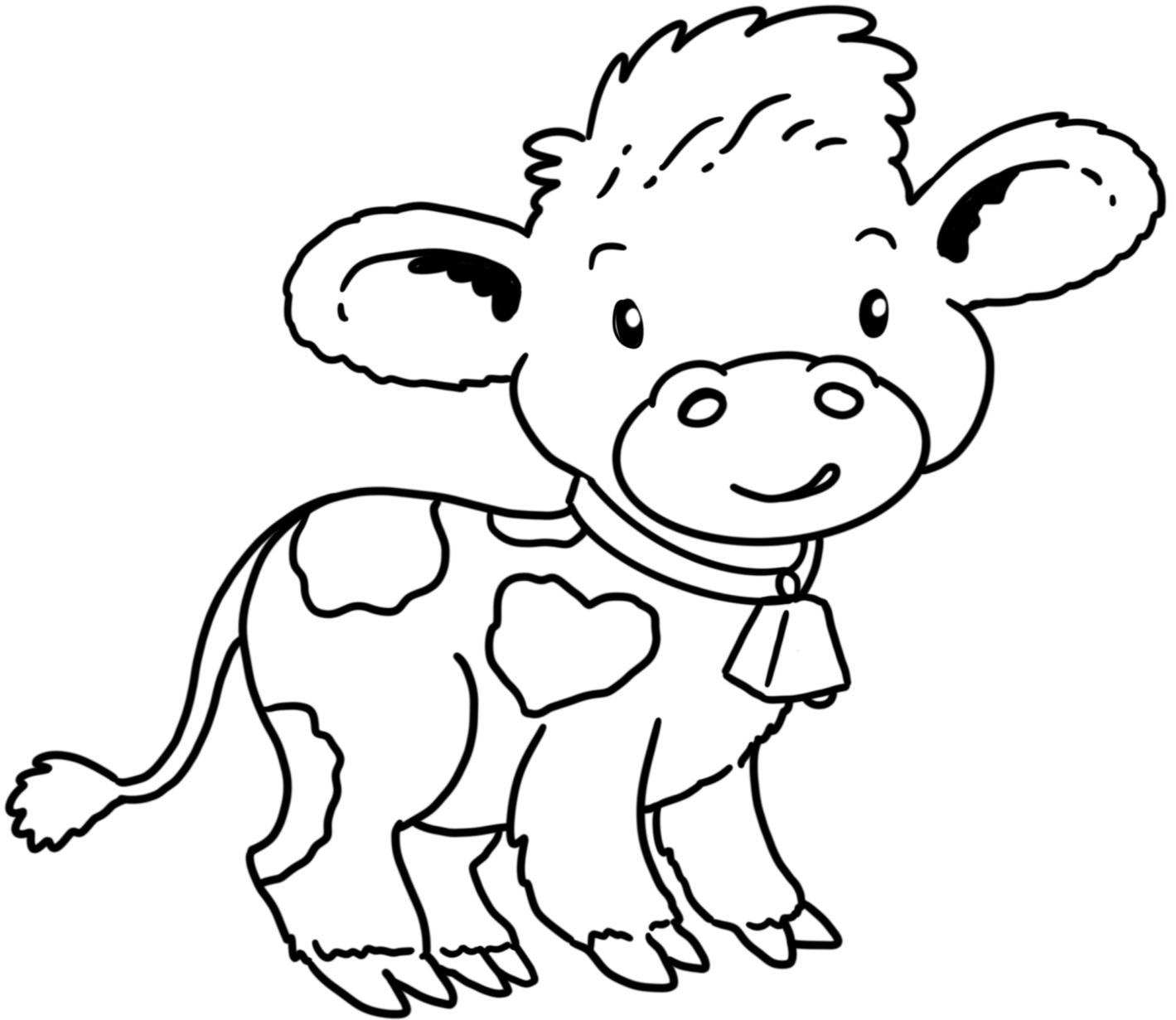
**Directions:** Cut out the ingredients you believe belong in a chocolate chip cookie and paste them into the big cookie below.

<p>Salt</p> 	<p>Red Pepper</p> 	<p>Butter</p> 	<p>Pepper</p> 
<p>Soda</p> 	<p>Flour</p> 	<p>Chocolate Chips</p> 	<p>Broccoli</p> 



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**For Teachers & Parents:** You can find an easy chocolate chip cookie recipe here: <https://joyfoodsunshine.com/the-most-amazing-chocolate-chip-cookies/>  
(The Random Acts of Kindness Foundation has no affiliations with the recipe owner, website, or associated products or ads)



**I is for Inclusiveness**