

# Red Rover

KINDNESS BEYOND THE CLASSROOM™  
WHOLE GROUP • OPTION 1 • INCLUSIVENESS

## Lesson Timeframe

25-30 mins

## Materials

- ☐ Inclusiveness poster (optional)



## Share

Define inclusiveness: INCLUSIVENESS IS INCLUDING OTHERS, INVITING THEM IN, AND WELCOMING THEM WITH OPEN ARMS. (Show the Inclusiveness poster if desired.) Discuss that inclusiveness is a long word that means we include others! We are all special and unique. We do not need to look, act, or speak like each other to practice inclusiveness. We all deserve to be included, no matter what. Brainstorm ways to include new students as they join our group here. Aim for 3-5 volunteers of different ages to answer the following questions.

- How can we ensure that new friends feel welcome?
- What kind words and actions can we offer so they enjoy spending time here?



## Inspire

It is important to include others, using kindness and respect to make sure they feel welcome. All of us have been in situations where we feel welcomed and invited. We should always strive to have others feel that way when they are around us as well. We can practice inclusiveness in two main ways:

- **Using kind words:** How you talk to someone when they come to join you has a big effect on how welcome they feel. Even if we don't say something mean, our words can still feel unwelcoming. Make an effort to choose words that encourage others to join in!
- **Choosing kind actions:** This includes your facial expressions, eye contact, and body language. Make sure to smile, make eye contact, and be friendly when new people come to join in.

Today we will play a game that allows us to share positive times when we have practiced inclusiveness!



## Empower

Play Red Rover as a whole group. Divide your group into two even teams. Each team will line up holding hands to form a human chain while facing the other team. Make sure there is enough space to run between the two teams (you may need to go outside, depending on your space).

- Starting with one team pick a player from the opposite team and sing, "Red Rover, Red Rover, send \_\_\_\_\_ (insert name) right over!"
- The person called runs to the other team and tries to break through the human chain.
- If the person breaks through the chain, they choose a person to take back with them to their team. They must also share one way they have included others in the past.
- If the person does not break through, they become part of the other team and must share one way others have included them in the past.



## Reflect

Guide a discussion on INCLUSIVENESS during games.

- How can we practice inclusiveness when new people try to join in our game?
- How can you try to join a game in a kind way?
- What can we do if others want to join in, but there is no room for new people?

