



## Inclusion Throughout the Day

Social inclusion doesn't happen with just one event; it needs to be a regular part of the school experience. Use these suggestions to promote social inclusion during various parts of the schedule.

### Arrival

- **Safety Patrol:** Recruit older students with and without intellectual disabilities for the school safety patrol. Have pairs of students carry out their assigned responsibilities.
- **Welcoming Club:** Station a pair of students at the entryway and have them welcome students, parents, and visitors each morning with smiles and friendly greetings. It's sure to start everyone's day on a positive note!

### Lunch

- **Mix-It-Up Day:** Randomly assign every student a table to sit at during lunch. This will provide students with a great opportunity to meet new people and start friendships with students they might not otherwise get to know.
- **Lunch Bunch Book Club:** Every week or two, meet with a group of interested students. As students eat their lunches, read and discuss books with positive messages about topics such as friendship, perseverance, and diversity. See the list on page 71 for a few great books as a starting place.



### Recess

- **Unified Recess:** Work with your school to set up Unified Recess in which students with and without intellectual disabilities use their recess time to engage in physical activities together. It's more fun when everyone plays! Your local Special Olympics office and your state's Special Olympics website have information to help you get started.
- **Recess Buddies:** Pair students with and without intellectual disabilities. Provide playground balls, jump ropes, and noncompetitive games to ensure the buddies have ample choices.

### Specials

- **Unified Physical Education:** Work with your school to get a Unified PE class in which students with and without intellectual disabilities play and train together. Your local Special Olympics office and your state's Special Olympics website have information to help you get started.
- **Schoolwide Display:** In art class, have all the students in the school contribute to the same hallway display. For example, you might display student-decorated fish cutouts with an inspirational title such as "We are all swimming together toward a great year!"
- **Being a Friend Means:** In art class, invite students to create a poster or a T-shirt design expressing what it means to be a good friend. Students can write a song about the topic in music class.

### Dismissal

- **Great Goodbyes:** Give each student a high-five as he or she leaves school for the day. Older students will enjoy coming up with a good-bye signal or a handshake that they can exchange with classmates and friends from other classes when they see them in the hall.
- **Dismissal Buddies:** What better way to end the day than with a friend? Pair students with and without intellectual disabilities who are headed to the same dismissal location in the school.

