



Inclusion Tiles Student Guide



Special Olympics
**Unified Champion
Schools®**

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LETTER FROM THE CO-AUTHORS



Thank you for wanting to bring inclusion into your Special Olympics Unified Champion School® through Inclusion Tiles! As U.S. Youth Ambassadors, we have been fortunate enough to learn about the many different perspectives of inclusion through the Inclusion Tiles and what meaningful inclusion means to students all over the country. These activities are yet another way to think about how inclusion affects EVERYONE and can make your school or community a better place.

We hope you find this Student Guide helpful. Our goal is to ensure that as part of the Unified Generation, you are able to be a leader of inclusion within your community, school, or anywhere else!

Thank you for joining the inclusion revolution,

Elizabeth and Liam

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ACKNOWLEDGEMENTS

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INTRODUCTION

What is Special Olympics Unified Champion Schools®?

Special Olympics Unified Champion Schools® (UCS) is a program for schools Pre-K through university that intentionally promotes social inclusion by bringing together students with and without intellectual disabilities (ID) through sport and education-related activities. The three-component model offers a unique combination of effective activities that equip young people with the knowledge, skills, tools, and training to create classrooms and school climates of acceptance, respect, and meaningful inclusion.

The strategy is woven into the fabric of the school community, enhancing existing efforts and providing rich opportunities that empower all students to be the agents of genuine change in their schools, creating socially inclusive environments that support and engage all learners.

What is Meaningful Inclusion?

The concept of meaningful inclusion promotes understanding of each student's individual value, and the mutual benefits that come from each person's contribution to the relationship. It reflects significant inclusion, not just a gratuitous acknowledgement.

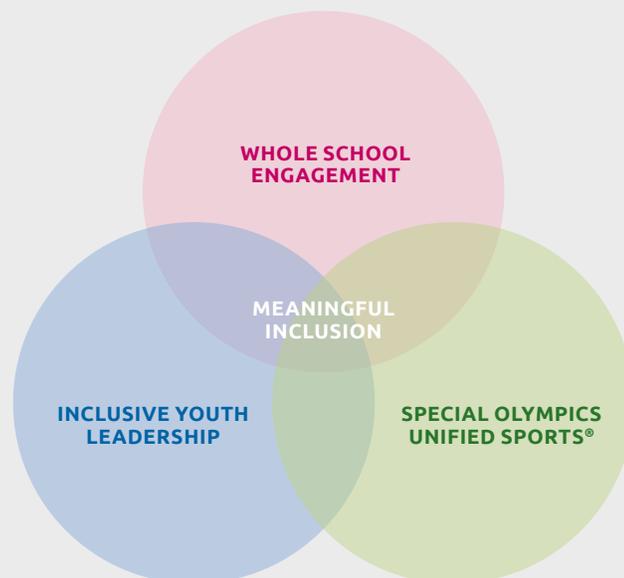
Meaningful inclusion further emphasizes that people with intellectual disabilities should not be treated as individuals who need help and pity, but rather have as much to offer as anyone.

What does meaningful inclusion look like in a school?

Making sports teams and clubs inclusive for all students with and without intellectual disabilities. These are called Unified Sports or Unified Clubs!

What does meaningful inclusion look like in a community?

Participating in a polar plunge or volunteering at Special Olympics state events!



WHY INCLUSION TILES?

The purpose of Inclusion Tiles is to help gear your mind to think of the true meaning of Unified Sports and activities. Meaningful inclusion can be a hard thing to put into words, and the Inclusion Tiles are a way to begin this conversation. Each student will have different ideas about what each tile means. This is because people have their own personal and unique experiences from Special Olympics Unified Sports®, school, and the community. The Inclusion Tiles do not have a specific order that they should be placed in. They represent an individual's experience.

The Inclusion Tiles are designed to be used between students, adults, and people of all ages. This activity can be done many different times, but the discussion can vary each time if individuals bring up different or new experiences. The keywords or concepts on the back of each tile help to guide conversation, but meaning can vary from person to person. The explanations and examples are centered around the inclusion of people with intellectual disabilities, but Inclusion Tiles can be used to discuss meaningful inclusion in all forms.

SOCIAL MEDIA GUIDANCE

The Inclusion Tiles not only can spark conversation in the classroom but also on social media as well. Encourage your peers to post their experience with this activity on Instagram, Snapchat, or Twitter.

Example social media copy:

Today, [Insert Club or School Name] talked about meaningful inclusion and what it means to our school and community. Interested in being part of the conversation? Go to www.generationunified.org.

Inclusion is something we talk about all the time. But what does it mean to be meaningfully included? To me, its all about [insert your thoughts on meaningful inclusion]. Learn more about meaningful inclusion at www.generationunified.org.

As a member of the #UnifiedGeneration, I have a responsibility to make our world not just an inclusive one but a world of MEANINGFUL INCLUSION. Join me at www.generationunified.org.

INCLUSION TILES

<p>ACCEPTANCE</p> 	<p>AVOIDANCE</p> 	<p>EXCLUSION</p> 	<p>FEAR OF DIFFERENCE</p> 	<p>INCLUSION</p> 
<p>Community of welcome</p> <p>Equal treatment</p> <p>Positive group interactions</p>	<p>Disregard</p> <p>No acknowledgement</p> <p>No eye contact</p> <p>Isolation decided by others</p>	<p>Denied access</p> <p>Isolation</p> <p>Feeling of rejection</p>	<p>Lack of understanding</p> <p>Limited interaction</p> <p>Deliberate separation</p> <p>Bullying</p>	<p>Mutual acknowledgment</p> <p>Integrated opportunities</p> <p>Appreciating differences</p>
<p>LASTING FRIENDSHIP</p> 	<p>MEANINGFUL INCLUSION</p> 	<p>SITUATIONAL FRIENDSHIP</p> 	<p>TOLERANCE</p> 	 <p>TIP:</p> <p>Help other students understand the definitions using oversized sticky notes or a white board to write down thoughts about the topics discussed!</p>
<p>Ongoing interaction such as Unified Sports®</p> <p>Seeking out friends</p> <p>Staying in touch</p>	<p>Sense of belonging</p> <p>Defined by unique experiences</p> <p>Valuing individual identities</p>	<p>Shared environment</p> <p>Taking part in activities together</p> <p>Opportunity for new friendships</p>	<p>Passive interaction</p> <p>Service role</p> <p>Providing physical support</p> <p>Using phrases of pity or tokenism</p>	

INCLUSION TILES ACTIVITY

This is an example of an activity you and your Unified partner can lead in your classroom, Unified Club or Youth Activation Committee. Follow the script below for guidance!



TIP:

**Be confident in what you are going to bring as the leader of this activity!
Work with your Unified partner to identify each other's strengths!**

EXPLAIN INCLUSION TILES AND ACTIVITY

Estimated Time: 2 minutes

Speaker One: *In front of you, you'll see 9 tiles that all have different words or phrases on them. You will notice that some are more positive and some might be more negative. Take a minute to look through the tiles and get familiar with the words on the front and the definition or examples on the back.*

[Speakers, give students a few minutes to look them over.]

ORDER THE INCLUSION TILES INDIVIDUALLY

Estimated Time: 8 – 10 minutes

Speaker One: *In this activity, you and your partner start with placing the Inclusion Tiles in an order that makes sense to you. Now either take a picture of your order or write it down so that way your partner can start working on their order. By the end of this section, each person should have a starting lineup either written down or on their phone.*

GROUP SHARING

Estimated Time: 2 minutes

Speaker Two: *Now that you have your individual order, would anyone like to share out how they placed their cards?*

[Pick on someone from the larger group to share their order.]

Activity continues on the following page

INCLUSION TILES ACTIVITY (CONTINUED)

CREATE AN ORDER WITH PARTNER

Estimated Time: 5 minutes

Speaker One: *Now that you have a combined starting lineup, let's think about what meaningful inclusion means to you.*

Speaker Two: *Meaningful inclusion further shows that people with intellectual disabilities should not be treated as individuals that need help and pity, but rather have as much to offer as anyone.*

Speaker One: *That is a great definition!*

Speaker Two: *Now, take a minute on your sheet and write down what meaningful inclusion means to you.*

GROUP DISCUSSION WITH 4 PEOPLE/TABLE

Estimated Time: 5 minutes

Speaker Two: *Now match up with another Unified pair and share with each other what your definition of meaningful inclusion is and about the orders of your Inclusion Tiles.*

Speaker One: *Let's share out! How were your orders different than those you spoke with and how did this tie into what you think about meaningful inclusion?*

[Ask 3 different pairs to share. This can also lead to a bigger discussion.]

CLOSING

Estimated Time: 5 minutes

Speaker One: *To wrap up the activity, take a few minutes to fill out [this survey](#) about what you learned from the tiles or any takeaways you have after doing this activity.*



TIP:

This is a great opportunity to ask if any of your peers would want to lead this activity in the future!

In each deck of Inclusion Tiles, there are 4 activity cards. Unified pairs can lead these activities as well!

WRAP-UP

After using the Inclusion Tiles, think about which one represents:



YOUR SCHOOL



YOUR COMMUNITY



YOU

The great thing is that there is no wrong answer here! There are always ways to make your school a more inclusive place! For more ideas check out www.generationunified.org to get inspired!





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