

INCLUSION TILES STUDENT GUIDE

www.generationunified.org



Special Olympics
**Unified Champion
Schools®**



U.S. Office of Special
Education Programs

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ACKNOWLEDGEMENTS

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LETTERS FROM THE CO-AUTHORS & CO-REVIEWERS

Letter from Co-Authors Elizabeth Price & Liam Price



Thank you for bringing inclusion to your Unified Champion School through Inclusion Tiles! As U.S. Youth Ambassadors, we were fortunate enough to learn about the many different perspectives of inclusion through Inclusion Tiles and what meaningful inclusion means to students all over the country. It is 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

U.S. Youth Ambassadors, Indiana (2019-2021)

Letter from Co-Reviewers Brindi Brittain and Adrian Wood



Inclusion Tiles help people of all ages discover the different levels within inclusion while also attaching different emotions to certain inclusive actions. By learning the difference between inclusion and meaningful inclusion, stronger bonds can be formed between people with and without intellectual disabilities. When youth lead such activities, this allows for new heights to be reached in the inclusion revolution. We have learned many things through our inclusion journey like being able to put ourselves in someone else's shoes while establishing a sense of joy and belonging. We both hope that Inclusion Tiles help you become more in tune with others and support how you lead future generations on the path of inclusion.

Brindi and Adrian

U.S. Youth Ambassadors, Wyoming (2022-2024)



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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 college. It promotes inclusion by bringing students with and without intellectual disabilities (ID) together through sport and education-related activities. UCS uses a 3 component model:

- o Special Olympics Unified Sports®
- o Inclusive Youth Leadership
- o Whole School Engagement

UCS provides opportunities for all students to be agents of change in their schools and communities.

What is Meaningful Inclusion?

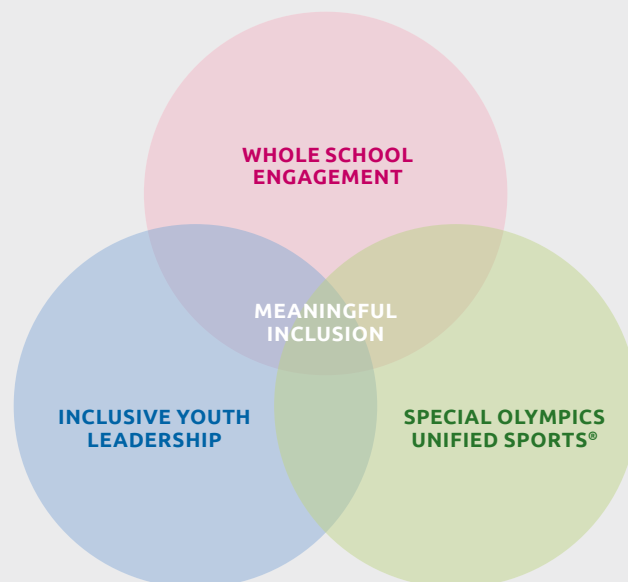
Meaningful inclusion promotes the idea that everyone has value. It is not just acknowledging differences. It is the type of inclusion where both people in the relationship benefit.

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?

Meaningful inclusion can be a hard thing to put into words. Inclusion Tiles are a way to start the conversation. Each student will have different ideas about what each tile represents. Every individual gains their own perspectives on inclusion from their experiences in school and out in the community. That is why Inclusion Tiles do not have a specific order.

Students, adults, and people of all ages can use Inclusion Tiles. Current events and new experiences can bring new insights everytime they are used. People may interpret the keywords on the back of each tile differently. The focus of Inclusion Tiles is to discuss the inclusion of people with intellectual and developmental disabilities. However, they can be used to discuss meaningful inclusion in all forms.

SOCIAL MEDIA GUIDANCE

Inclusion Tiles can spark conversation in both the classroom and on social media. Post your experience with this activity and encourage others to do the same.

Example social media copy:

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

*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]. #UnifiedGeneration @SONorthAmerica*

As a member of the @SONorthAmerica #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>Equal treatment Positive group interactions</p> <p>Welcoming</p> | <p>Ignored</p> <p>Unwelcoming Clique</p> | <p>Access denied Isolation</p> <p>Rejection of others</p> | <p>Limited interaction Left behind</p> <p>Bullying Little understanding</p> | <p>Opportunities for integration</p> <p>Appreciating differences Showing respect</p> |
| <p>AUTHENTIC 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>Building connection Growing community</p> <p>Ongoing interaction through Unified Sports®</p> <p>Continuing communication</p> | <p>Sense of belonging Defined by unique experiences</p> <p>Valuing individual identities</p> | <p>Taking part in activities together</p> <p>Shared environment Opportunity for new friendships</p> | <p>Object of pity Unable to connect</p> <p>Little effort Helper mentality</p> | |

Characteristics are grouped into 2 perspectives: included perspective (top) and includer perspective (bottom)

EXAMPLES DISCUSSION QUESTIONS

Looking for a way to start the conversation around Inclusion Tiles in your classroom or club? Here are some questions and topics to help you get started!

QUESTIONS:

- Which tile best describes where you are on your inclusion journey?
- Which tile best describes how inclusive your school is?
- Was there a tile that was confusing to understand?
-Follow up: Can anyone help figure out what this tile represents?
- What is 1 action you can take this week to move forward on your inclusion journey?
- Who is your inclusion hero and why?
- What are some responsibilities that come with including people?
- How might someone feel when they are included? Excluded?

TOPICS:

- Think about a current event or something that has happened in the news. Is there a tile that represents what is going on in today's world?
- What was the last movie or TV show you watched, or book that you read? Think about which tile best describes something that happened.
- Are there any Inclusion Tiles that stick out to you when you think about what you've learned recently in class?



TIP:

Some of your classmates may feel uncomfortable discussing these questions with a big group. Start by encouraging everyone to write down their thoughts. Then, to make sure everyone feels comfortable, have classmates discuss their answers in pairs or small groups. Wrap up by asking if anyone wants to share their response or experience to the whole group.

EXAMPLE 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! Don't forget there are Activity Cards as part of your deck you can use for inspiration as well. Before you start: make sure your group is divided up into groups of 3-5 people!

GUESS WHICH TILE?

Estimated Time: 20 minutes

Speaker 1: *Each group should have a deck of cards. The side with only words should be face up.*

Speaker 2: *Pick a person in your group to start. The person you have selected should pick up a card from the deck without looking and put it above their head.*

Speaker 1: *Similar to the game "Heads Up" the rest of your group should shout out keywords so the cardholder can guess the main word on the tile.*

Speaker 2: *You will have 30 seconds to get through as much of the deck as possible.*

Speaker 1 & 2: *Ready... GO!*

Have each person in the group repeat this exercise to see who can get through the most Inclusion Tiles. When every person has had a turn, you can take some time to lead a discussion using the following questions:

- *Which Inclusion Tiles had similar keywords?*
- *Which tile was the hardest to figure out?*
- *Was it easy or hard to tell the Inclusion Tiles apart?*



TIP:

Want to switch up the activity a bit? Have people act out or draw examples of the tile the person is holding instead of using keywords!

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! Submit your input on Inclusion Tiles by [filling out this form](#).

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