



Kindness Tip

How can you make someone feel good about themselves?

Possible Answers:

- Smile at them/say “Hi”
- Say something nice
- Spend time with them
- Introduce them to your friends
- Tell them you like them
- Ask them to join in a game/activity

K-Grade 2 Adaptations:

What is something you can do to help yourself feel good?

What is something you like about yourself?





Kindness Tip

What do you think makes people feel like they belong? This could be in the classroom or at a new school.

Possible Answers:

- People know your name
- People say “Hi”
- People are nice to you

K-Grade 2 Adaptations:

What can help you feel like you belong?
How could someone make you feel welcome?



Kindness Tip

What can you do if you or someone else is being bullied?

Possible Answers:

- Talk to someone who can help you (e.g. parent or teacher)
- Tell a trusted adult
- Walk away from the situation
- Go and help the person being bullied
- Help each other

K-Grade 2 Adaptation:

What can you do if someone is being mean?





Kindness Tip

How can you be a good friend?

Possible Answers:

- Be nice
- Help your friend when they need it
- Include people
- Cheer your friend up if they are sad



Kindness Tip

What are some ways that you can show kindness to others?

Possible Answers:

- Say “Hi” to people
- Include people
- Say something nice





Quick Think

Tell us about a time someone was nice to you.

- Have them share an example



Quick Think

How could everyone play a game of basketball if someone used a wheelchair, or had a sprained ankle or other disability?

Possible Answers:

- Change the game to include everyone
- Ask the people what game they like
- Change the rules
- Change the net
- Everyone sits to play
- Play in pairs



What Would You Do?

What would you do if you had been mean to someone, and wanted to show them that you are sorry?

Possible Answers:

- Play with them
- Say you're sorry
- Include them with your friends
- Learn from your mistake and try not to do it again
- Mean it, think about what you did and say sorry
- Make eye contact with the person

K-Grade 2 Adaptation:

What can you do to show you are sorry?



What Would You Do?

What would you do to help someone in your class if they were having trouble with their schoolwork?

Possible Answers:

- Ask them if they need help
- Tell the teacher
- Show them what to do
- Work together



What Would You Do?

What would you do if your friend was being mean to someone?

Possible Answers:

- Ask them to stop
- Ask for help
- Play with everyone



What Would You Do?

What would you do if you heard some kids making fun of someone's lunch because of the food they are eating?

Possible Answers:

- Sit with them
- Support them
- Try their food and share yours



What Would You Do?

What would you do if your friend posted something mean about a classmate on social media?

Possible Answers:

- Tell an adult
- Do not like it or share it
- Tell them it is not okay



Quick Think

What is bullying?

Possible Answers:

- Picking on someone
- Being mean
- Making fun of someone
- Often not including someone in activities on purpose





Quick Think

What does bullying look like?

Possible Answers:

- Ignoring someone
- Saying things that are not nice
- Not including someone on purpose
- Consistently doing stuff that hurts someone



Quick Think

How can you pick teams without someone being picked last?

Possible Answers:

- Coloured shirts vs. white shirts
- Divide the group in half
- Random picking
- Number popsicle sticks and have the students pick sticks

Follow-up question:

What does it feel like to be picked last (sad, bad, no confidence)?
Remember that next time you are choosing teams.

K-Grade 2 Adaptation:

When you're doing an activity in class, how can you make sure everyone gets a turn?



Quick Think

How can you communicate with someone who speaks a different language?

Possible Answers:

- Draw pictures
- Gesture
- Technology (assistive devices)



Quick Think

Can you think of a disability that you might not be able to see by looking at someone?

Possible Answers:

- Autism
- Mental health
- Learning disability



Inclusion Scenario

You have a favourite book, and your friend cannot read. How could you share the story with them?

Possible Answers:

- Read the book to them
- Describe or summarize the story to them
- Read the pictures
- Get an audiobook





Inclusion Scenario

You have a new student in your class. How can you help them feel welcome?

Possible Answers:

- Talk to them
- Invite everyone to play games
- Help them with their homework
- Introduce them to your friends

Follow-up question:

Is it harder to be the new person during class time or at recess time? (Most new people don't feel included at recess)



Inclusion Scenario

You're playing a game and someone's turn keeps getting skipped because they are taking "too long". How could you make sure they are included?

Possible Answers:

- Give everyone time to think before answering
- Check in with them and ask if they want to share
- Use a talking stick or a timer so everyone gets a turn

K-Grade 2 Adaptation:

How can you make sure everyone gets a turn when you are playing a game?



Inclusion Scenario

You're planning a party. Your friend doesn't like loud music and when too many people are talking. What could you do to make the party fun for everyone?

Possible Answers:

- Turn the music down or make a quiet space
- Let guests know what to expect before the party, so they can prepare and bring what they need (headphones, fidget toys)
- Have smaller groups or quiet games



Inclusion Scenario

A classmate uses pictures to share their ideas. Some people in the group don't understand right away and start ignoring them. How can we help everyone feel heard?

Possible Answers:

- Be open to using pictures, gestures, or devices
- Take time to learn how people prefer to communicate
- Say things like "Thanks for showing us your idea, Alex."
- Everyone can use pictures



Inclusion Scenario

You and your classmate are playing a game that is for two people, and another friend wants to join. What can you do?

Possible Answers:

- There's always room for one more
- Take turns
- Change the game so three can play together



Inclusion Scenario

You come back from winter break and you are in a group with your friend who doesn't celebrate Christmas. Everyone is talking about what they got, so how can you make them feel included?

Possible Answers:

- Ask your friend what holiday is coming up in their culture/religion
- Ask about how their family celebrates

K-Grade 2 Adaptation:

What special days do people celebrate?



Creative Moment

Draw something you can do with your friend.

Possible Answers:

- Play board games
- Play card games
- Invite your friends to your house



Creative Moment

Draw what you think Friendship Island might look like.

- Encourage all students to contribute something about friendship to the drawing

