

#CHOOSETOINCLUDE



2022 RPS Inclusion Week

Special Olympics Virginia is excited to be a part of the **2022 RPS Inclusion Week for December 5-9**. Below are ideas for Elementary Schools on how to Choose to Include everyone in the school during the week of activities. When teachers or admins post anything on social media they should use the hashtag #RPSChooseToInclude and Hashtag their school. i.e. #Redd. That way we can see that RPS chooses to include and we can see which school posted it. We figure the Elementary students aren't on social media so you would do it instead. The below activities are suggestions. If you have other things you plan to do instead, please share with us so we know how you will Choose to Include.

If you have questions, please reach out to your **RPS Special Olympics Coordinator Ms. Torrie Lashley** (tlashley@rvaschools.net) or your **Special Olympics Region Director Ms. Pam Mines** (pmines@SpecialOlympicsVA.org)

Ideas to get you started

- **INCLUSION BANNER:** Encourage everyone in the school to sign the Choose to Include Inclusion Banner. Get with the Librarian to locate the banner. Take photos of the student and their friends signing the banner. Include those with and without intellectual disabilities. Use the following hashtag when posting #RPSChooseToInclude #YourSchoolName. Get the art teach and classes involved color the school's mascot or image to decorate the banner. Be creative!
- **BLACK OUT FRIDAY:** Everyone in the school wears black to show that everyone CHOOSES TO INCLUDE. Take PICs with the Inclusion banner wearing your black. Include those with and without intellectual disabilities. Use the following hashtag when posting #RPSChooseToInclude #YourSchoolName
- **INCLUSION DANCE PARTY/SING ALONG:** Students can sing/dance together to the song "[Have It All](#)" by Jason Mraz. Be sure to include those with and without intellectual disabilities. Use the following hashtag when posting any pictures or videos. #RPSChooseToInclude #YourSchoolName
- **BOOKS MONDAY – THURSDAY:** The Librarians at your school have the below books to read during your library time. On the days you don't go to the library, watch the below video of someone reading the book to your students for that day. All the Lessons can be found [HERE](#) or on the SOVA website. Just type Disability Awareness Videos in the website search box. For the Monday – Thursday videos, the teachers can ask the discussion questions under each video to engage the students more. If questions need to be modified or changed for those in Exceptional Education that's fine.

K-2nd Grade Videos

Monday - Lesson 1

Can I Join Your Club?

Duck really wants to join a club – any club. Even though he tries hard to fit in, it just doesn't work: he can't roar like Lion or trumpet like Elephant. So, Duck decides to start his own club, with his own rule – Everyone is Welcome!

Tuesday - Lesson 2

I don't want to be a Frog

This is the story of a young frog with an identity crisis – he wants to be anything but a frog! It takes a meeting with a hungry wolf for the frog to decide that being himself isn't such a bad thing after all.

Wednesday - Lesson 3

Spoon

Spoon thinks his friends have it so much better than he does. He doesn't get to cut and spread like Knife. He doesn't get to go practically everywhere like Fork, and he's not cool and exotic like Chopsticks. Then he finds out that his friends think Spoon is the lucky one.

Thursday - Lesson 4

Different is Awesome

A little boy brings his big brother, born with only 1 hand, for Show And Tell. The students ask him all sorts of questions about how he does things with only 1 hand. They quickly realize that he can do anything they can, only he does it differently.

Friday - Close Out Video (.54)

Special Olympics Join the Revolution
<https://youtu.be/kQzPuOjYV74>

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3rd-4th Grade Videos

Monday - Lesson 1

Just Kidding

My Brother Charlie is a book about a boy with autism, as told through the eyes of his twin sister. This book helps us recognize that we are all unique, with our own strengths and weaknesses.

Tuesday - Lesson 2

Exclamation Mark

This is a creative story about an exclamation mark who feels out of place around all the periods. He wants He wants desperately to fit in. He meets a question mark and soon discovers how exciting it can be to be different.

Wednesday - Lesson 3

Sky Color

Sky Color is a book about looking at things from a different point of view. After observing the world carefully, Marisol is inspired to expand her thinking about the color of the sky.

Thursday - Lesson 4

Confessions of a Bully

DJ's friend, Vince, has a habit of teasing people and then saying, "Just kidding!" as if that makes everything okay. DJ feels that Vince's jokes aren't funny and have a sharp edge that can "cut you to pieces".

Friday - Close Out Video (.30)

Imagine an Inclusive World

https://youtu.be/FhD3xNk_GEc

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5th Graders

The 5th Graders are able to hear the videos of the books being read above, or they can watch the videos via [THIS](#) link.

Because 5th Graders are at that in-between age, you can do both or choose which one will be best for your students.

If you do the videos follow the lesson 1-4, Monday – Friday.

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