



**TODAY'S TOPIC:  
Be an includer!**

You are welcome to use this lesson to inspire spiritual conversation in your family or youth classroom. It is written for elementary age but could be adjusted as needed.

**THINKING JOB:** Ask a "thinking job question" to get everyone thinking about something pertinent to the lesson. This could be asked moments or hours before your conversation.

***What are the groups where I feel included?***

**Lesson**

Materials	Things to Prepare	Today's Goal
•	•	Know how to be an includer and how important it is to include people.

**IMAGINE:** Picture in your head some of the places where you are part of a group. It could be your family, your class at school, this class, your friends, a team you are on, etc.

**ASK:** How does it feel to belong to that group? (positive emotions) Being part of a group like that is called being included.

**ASK:** How does it feel when you are not part of the group? (possible negative emotions)

**ASK:** Does anyone have any examples of feeling included or not included?

**ASK:** Is it easy or hard to join a group? Everyone is different. Some people can make friends easily and some need a little help or encouragement.

**ASK: Be an includer!** How can you help people feel included?

- **Look!** It is normal and okay to have your favorite friends, your routines, your regular spot to eat lunch, your favorite activities. But, you can take the time to look around, be aware, and see if someone needs a friend, someone who is playing alone or looks lonely,

someone who is interested but might be scared to ask to join the group. Scan the room for people who might be left out. Be aware. NOTE: What is passive excluding? It is when you exclude someone but not on purpose. That's where you are not trying to make someone feel bad or feel excluded, you just are so focused on your regular group you don't notice someone lonely or left out.

- **Feel!** Think about how you feel when you are on the outside of a group. This can remind you how it can hurt your feelings or feel lonely to not be included PLUS it reminds you to look for people who are not being included.
- **Invite!** Use a friendly invitation.

Introduce yourself. "Hi, My name is... What's your name?" ***Have kids turn to each other and introduce themselves.***

Make a friendly invitation. ***Have kids act out some of these. Choose one person to be on their own and others to invite them into a group. You can do this a few times.***

- Come join us! There's lots of room.
- Do you want to sit with us for lunch?
- Do you like ....? You can join our team!
- Do you want to play with us?
- Are you looking for a game to play? Play with us
- Do you like ....? You can join our team!

NOTE: Sometimes it takes courage to invite someone new into your group.

- **AFFIRMATION** – I am open to new ideas and new people. 4x

**AFFIRMATION** –I am open to new people and new ideas. repeat 4X

Note: Printable affirmations and coloring sheets for this lesson are available at <https://www.milehichurch.org/youth-family/> .

