



INSIDE INCLUSION: WELLNESS Discussion Guide

Introduction

Watch *Inside Inclusion*, then use this guide to replicate the informational discussion. View all episodes of *Inside Inclusion*, as well as *Unified Talks*, on the [Generation Unified YouTube channel](#). This guide can be utilized in a few ways:

- Use the questions like a worksheet for independent work.
- Have students get into groups or “breakout rooms”. Assign different questions to different groups and have everyone come back and share.
- Have the entire group work through and discuss questions together.
- Use the Accountable Talk stems & Discussion Behaviors as an assessment or self-assessment rubric.

THIS MONTH’S VIDEO ON WELLNESS CAN BE FOUND HERE

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College and Career Readiness Anchor Standards for Speaking and Listening

CCSS.ELA-Literacy.CCRA.SL.1 Prepare for and participate effectively in a range of conversations and collaborations with diverse partners, building on others' ideas and expressing their own clearly and persuasively.

CCSS.ELA-Literacy.CCRA.SL.4 Present information, findings, and supporting evidence such that listeners can follow the line of reasoning and the organization, development, and style are appropriate to task, purpose, and audience.

CCSS.ELA-Literacy.CCRA.SL.6 Adapt speech to a variety of contexts and communicative tasks, demonstrating command of formal English when indicated or appropriate.

[*All anchor standards can be found here](#)

Have you utilized the rest of the Connections package?

Be sure to check out:

- Unified Talks
- Social Media Activities
- Lessons for every grade level

[Access the Unified Classroom here.](#)

[Access GenerationUnified.org for more video content here.](#)

Accountable Talk Stems

Provide these stems to students to help them have a productive and respectful conversation. You can display them on your screen, or send students a copy to reference.

Agree	Disagree
<ul style="list-style-type: none"> ● I agree with _____ because ● I would like to add to what _____ said... ● I'm glad _____ said this, because _____ ● I think _____ brings up a great point because... 	<ul style="list-style-type: none"> ● I disagree with _____ because ● I hear what you are saying, but in my opinion... ● That's an interesting perspective. Can you tell me more about it? ● I used to think _____, but now _____
Clarify / Elaborate	Making Connections
<ul style="list-style-type: none"> ● _____, can you add on to that idea? ● What I heard you say was _____, correct? ● I'm not sure what you mean _____. Can you rephrase that? ● I agree, but I also think _____ 	<ul style="list-style-type: none"> ● This reminds me of _____ ● I had a similar / different experience... ● _____, what do you think?

Behaviors

Remind students of their actions and behaviors when having a virtual discussion. This can be reviewed before the discussion. You can also have students rate their performance and use these points as a rubric.

Speaker	Listener
<ul style="list-style-type: none"> ● Make eye contact with your audience ● Speak clearly and slowly ● Speak loud enough for all to hear ● Stay on topic, use relevant examples ● Get to the point ● Use language your audience will understand 	<ul style="list-style-type: none"> ● Make eye contact with the speaker ● Nod and show you are listening ● "Mute your mic"- do not interrupt ● Use accountable talk to ask questions, give comments, or build upon ideas ● Use reactions or the chat box to add your thoughts

Helpful Definitions!

Wellness: The practice of healthy habits on a daily basis to attain better physical and mental health outcomes.

Self-care: The practice of taking action to preserve or improve one's own health.

Discussion Questions: Wellness

What are some healthy habits you have to help you feel mentally and physically strong?

How do you keep up with healthy habits?

Have you developed any healthy habits through Special Olympics?

What does healthy content mean?

What is an example of healthy content that you look at?

What form of self-care do you participate in?

What are your wellness goals for 2021?

More about our January Inside Inclusion Partner: Hip Hop Public Health

Hip Hop Public Health's mission is to "foster positive health behavior change through the transformative power of hip-hop music.

Check out their resources:

[Young Athletes in Motion: Dance Video](#)

[Let's Talk about Salt: Video](#)

[Behind the Mask: Video](#)

[20 Seconds or More: Video](#)

Video Worksheet

1. What are some examples of healthy habits that Ella provided?
2. What advice does Lori give on how to maintain healthy habits?
3. What are some of Courtney and Ella's favorite Special Olympics memories?
4. What ways does Courtney show self-care?

To learn more about Unified Classroom
Unified Champion Schools,
visit www.GenerationUnified.org/Unified-Classroom/



Special Olympics
**Unified Champion
Schools**