



BELONGING UNIT WORKBOOK

GRADES 6-8



Hello
My Name Is:

Safer Space Inventory

Looking around the classroom, I feel:



One thing that will help me learn best today is:



Something that I notice in the classroom that gives me comfort is:



After I leave this class and go about my day, I know I can...

Go to this space to get support or help:



One thing I can do to create safe personal space at my desk/table area is:



Talk to this Trusted Adult to get support or help:

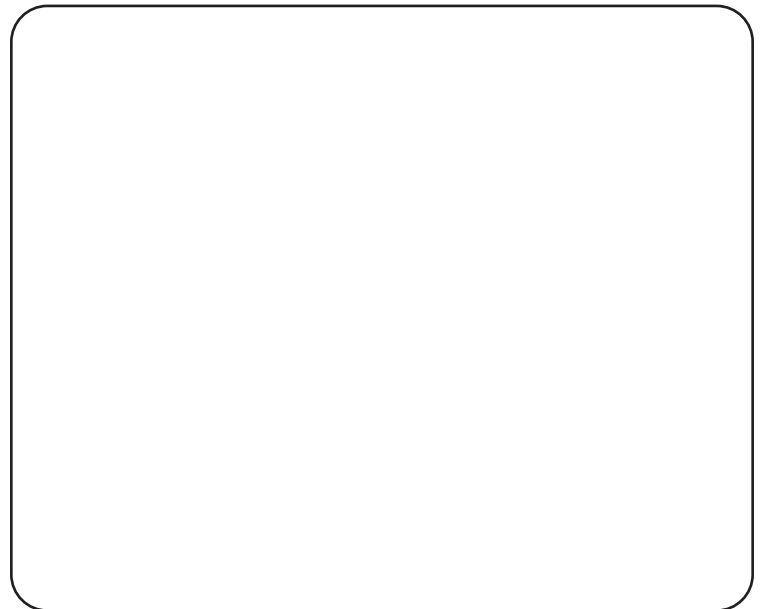


Know the Signs Community Agreement

Part 1

Independently, **Think-Reflect-React** to the following questions:

How would you describe your ideal class?



How would this ideal classroom feel? What emotions would it make you feel?



Know the Signs Community Agreement

Part 2

As a group, assign the following roles and brainstorm what an ideal class would look like. Be sure to highlight qualities that align to the *Say Something* training. Once all qualities are listed, circle or underline your top two favorites.

Assign roles:

- **Facilitator** – gets the necessary supplies and relays instructions to the group
- **Speaker** – shares out and communicates the group’s ideas to the whole class
- **Scribe** – will come up to write on the class agreement
- **Timekeeper** – keeps the group on task and ensures on-time project completion

List 5 qualities and expectations for your classmates.

1.

2.

3.

4.

5.

Circle Up Check-In

Our topic today is about (circle all that apply):

Upstanders

School Safety

Trusted Adults

Empathy

Identity

Belonging

Warning Signs

Some thoughts I have about our Circle Up discussion:

After our circle discussion today I feel:



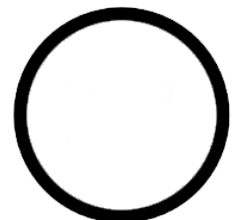
Happy



Frustrated



Unsure/Confused



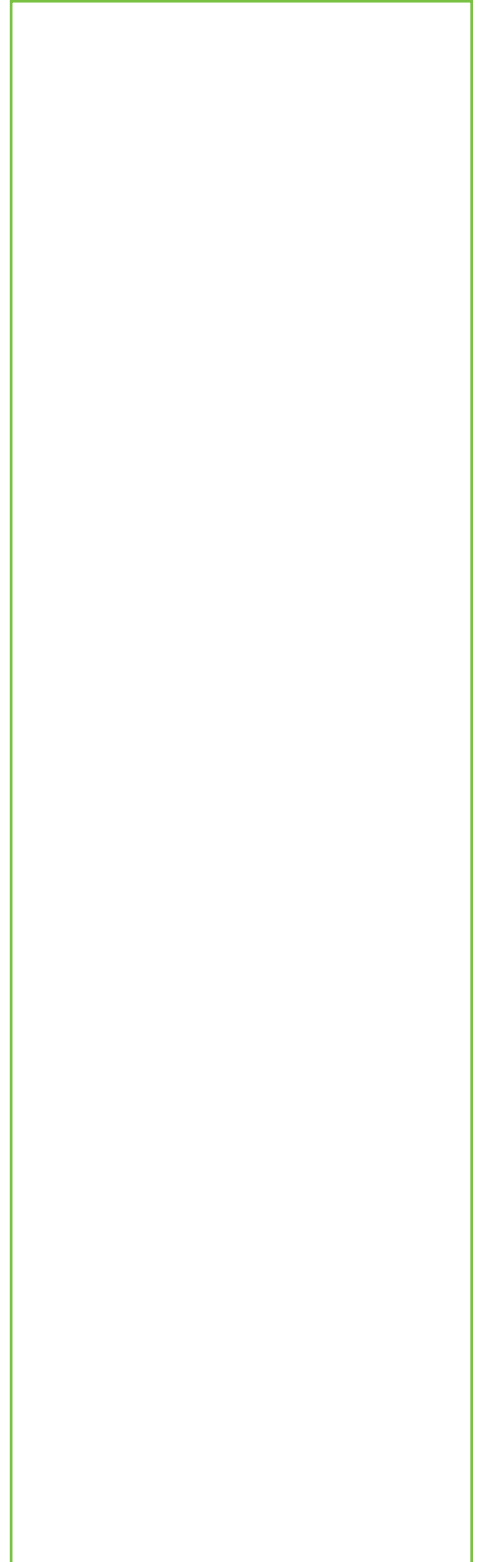
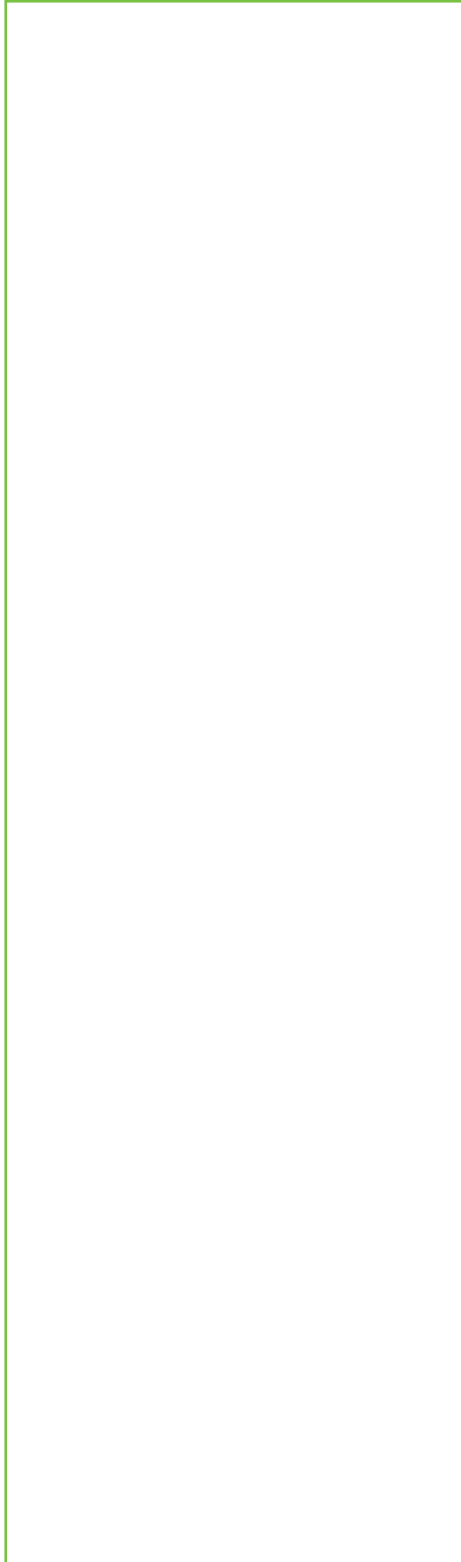
Draw Your Own

Briefly explain why you are feeling this way:

Something I wanted to add to the discussion, but didn't get a chance:

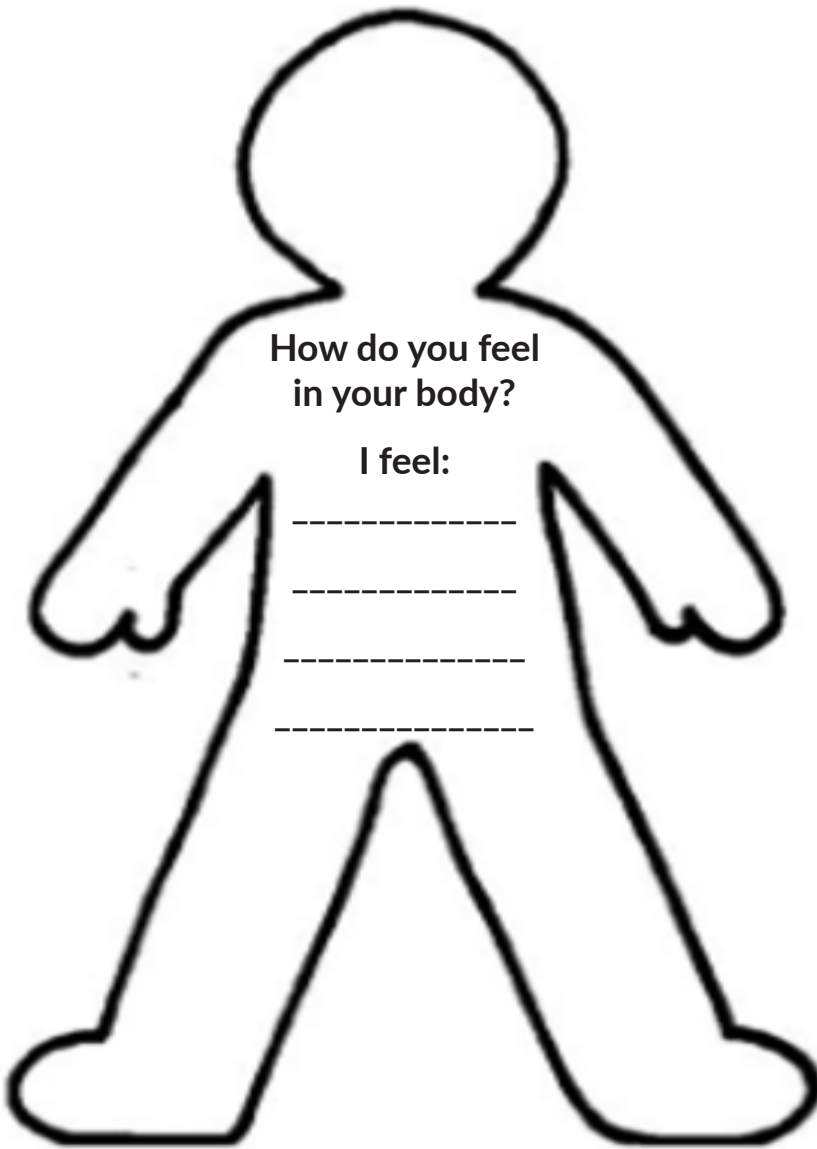
Journal Time

How do you intend to uphold the principles in this agreement?



Belonging Gratitude Jar

Directions: Notice how you feel and finish the statements below.



How do you feel outside
of your body?

I feel: -----

-----.

Gently inhale and exhale.
A breath in through your nose and out through your mouth.

Be still for a moment.

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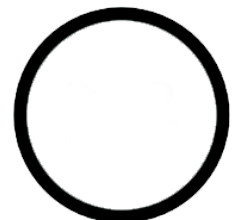
Happy



Frustrated



Unsure/Confused



Draw Your Own

Briefly explain why you are feeling this way:

Something I wanted to add to the discussion, but didn't get a chance:

INCLUSIVI-Tree

Roots and Trunk

In and along the tree roots and trunk, write down or draw actions you will take and goals you have to:

- Apply the three steps of *Start With Hello* in your daily life.
- Make connections with classmates who have different identities, ethnicities, skills, and interests.
- Use inclusive language.
- Be a proactive citizen in building a school community where everyone feels a sense of belonging.

For example: *Each Friday I will reach out to a new classmate and invite them to lunch. I will use the time to connect to my classmates and learn about our similarities and differences.*

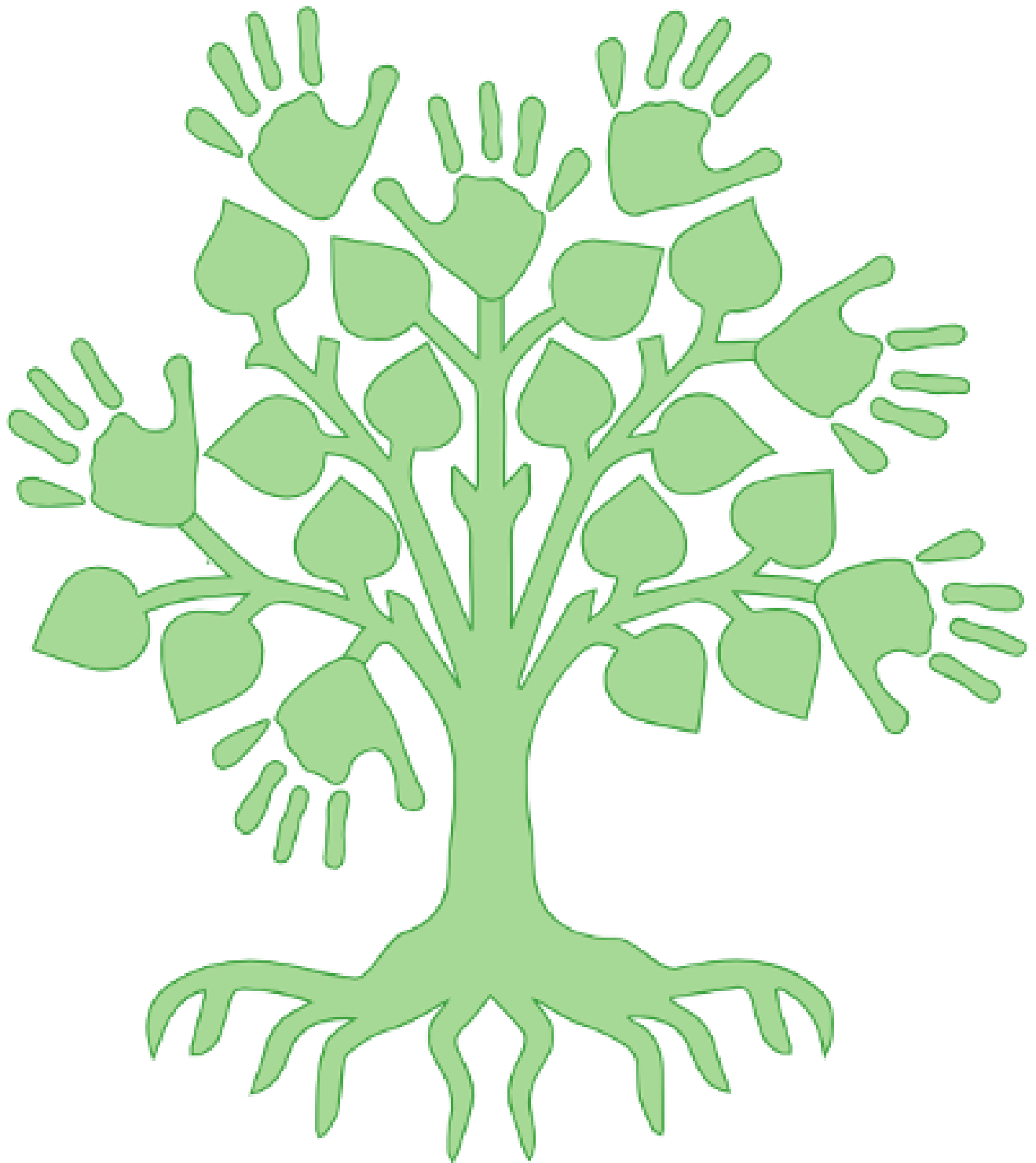
Branches and Leaves

On the branches and leaves, write down or draw:

- Positive impacts your actions will have on the community (classroom, club, school).
- Positive impacts your actions will have on you.

For example: *As a result of my actions to be inclusive, a student will never feel lonely or left out in our class because they don't have a partner for group activities or have no one to play with at recess.*

INCLUSIVI-Tree



Mingle Bingo

With Dark Hair



Plays a Sport



Has the Same
Eye Color as You



Enjoys Reading



Born the Same Month
as You

Month:

Wears White Shoes



Walks to School



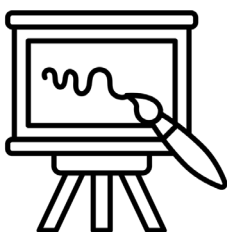
Greets You With a Smile



Listens to Rap



Enjoys Art



Loves TikTok



Plays an Instrument



Circle Up Check-In

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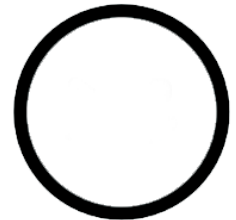
Happy



Frustrated



Unsure/Confused



Draw Your Own

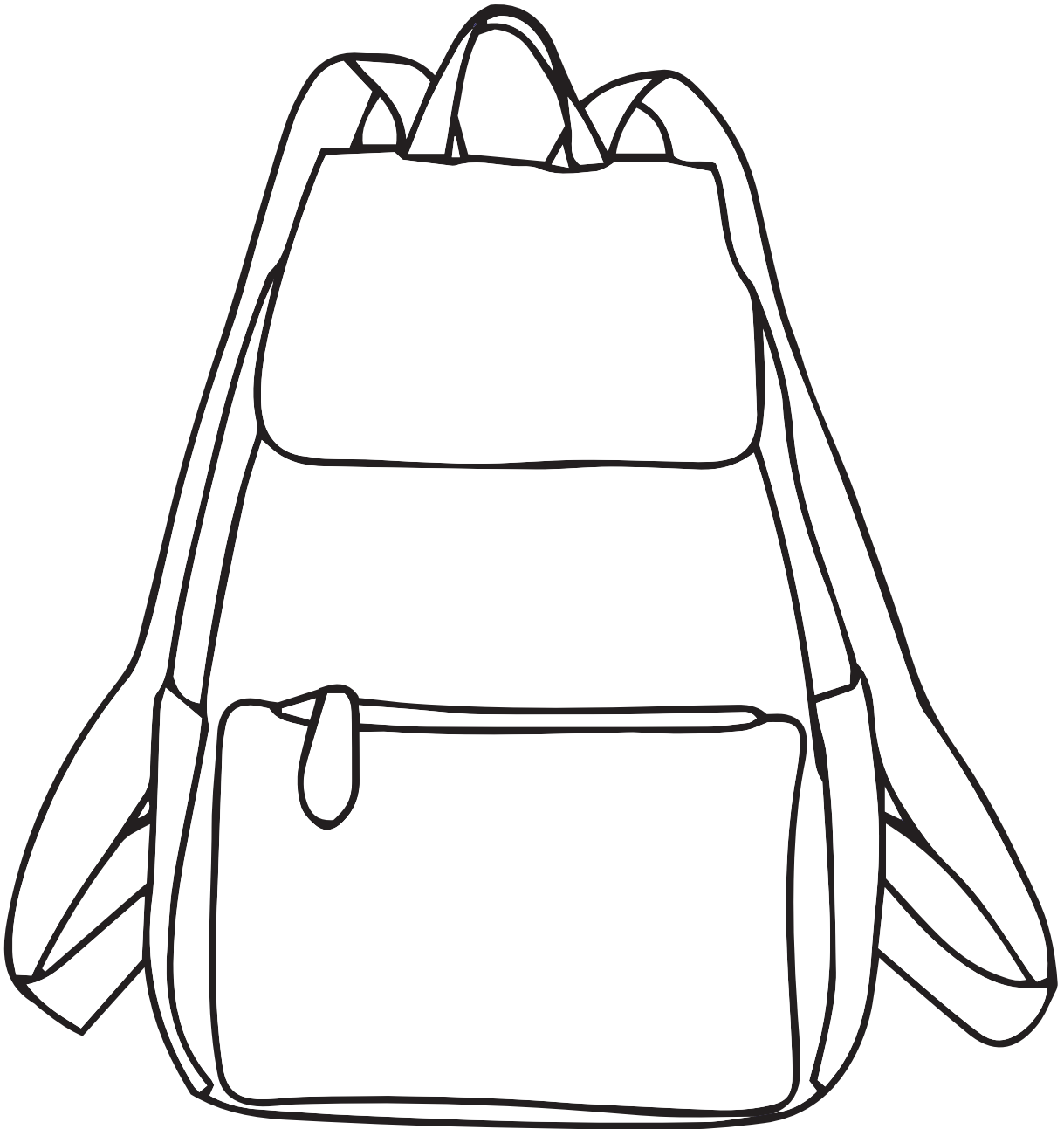
Briefly explain why you are feeling this way:

Something I wanted to add to the discussion, but didn't get a chance:

Be an Includer Backpack

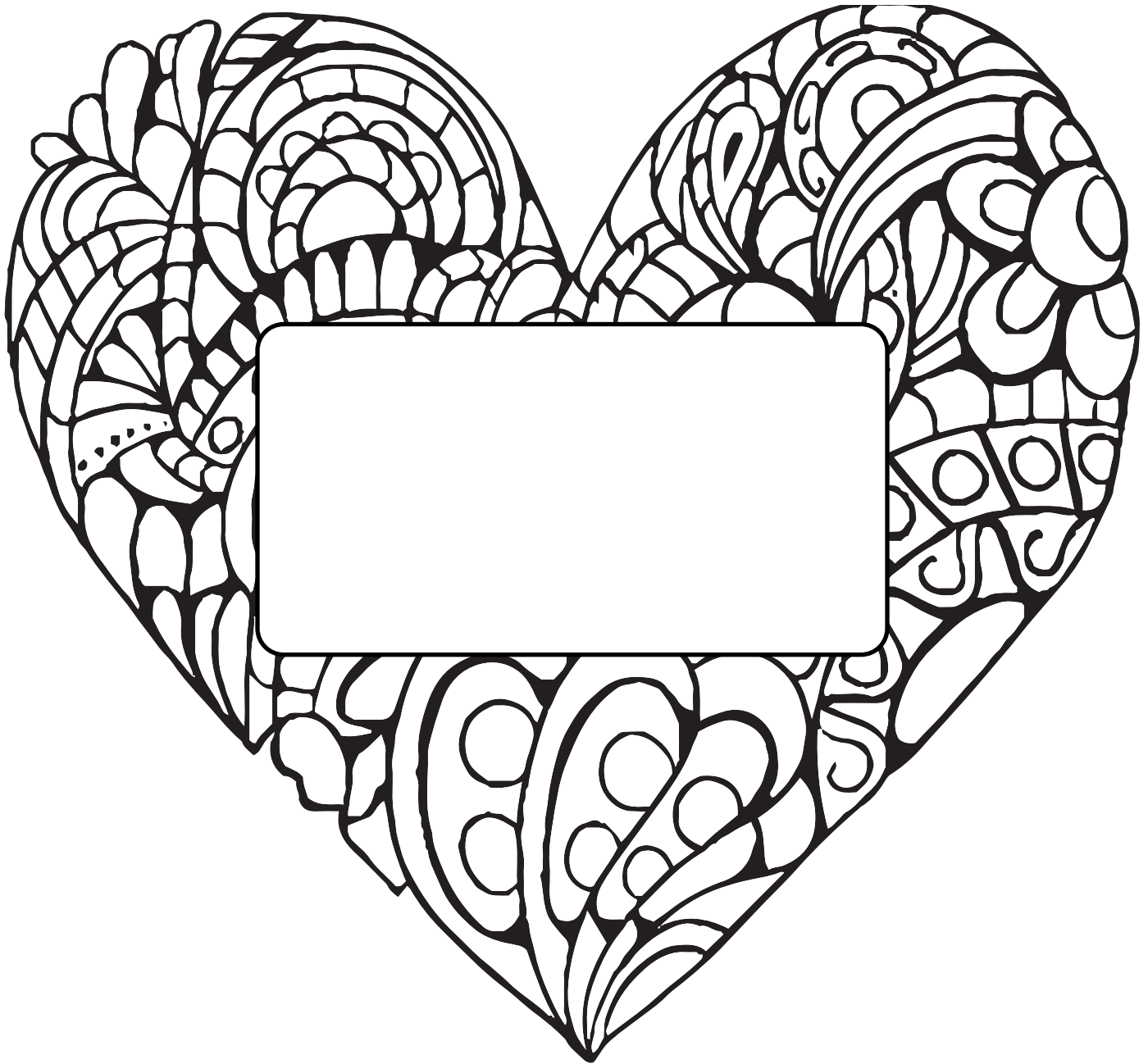
Write and draw actions that you can take in this class to:

- Include everyone.
- Stop othering from ever happening.
- Speak up when you or your classmates are experiencing exclusion, rejection, or othering.
- Take action against racism and discrimination.



Attitude of Gratitude

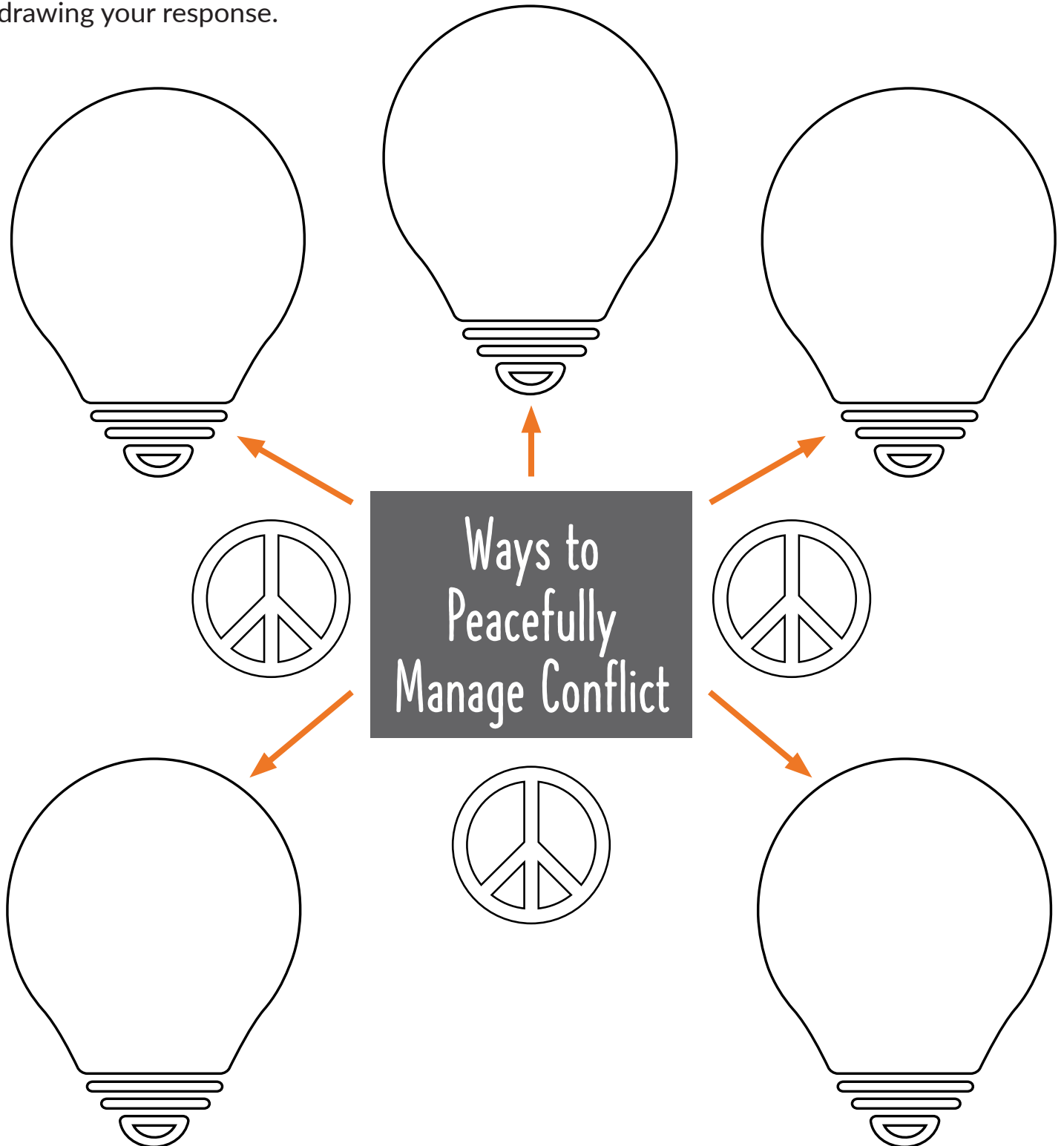
Directions: In the heart, write or draw one thing you are grateful today.



Strategies for Managing Conflict

PART 1

Directions: Come up with five ways to peacefully manage conflict by writing and/or drawing your response.



Strategies for Managing Conflict

PART 2

Directions: Develop a scenario that involves some sort of conflict and implementation of the strategies you developed.



Characteristics of a Community

Directions: Review the following characteristics of a community. A community has.....

- A purpose (very specific or quite broad depending on the nature of the community).
- Rules/expectations for how members behave, treat each other and interact.
- Different roles that are assigned or need to be filled for the community to function properly.
- Limitations and opportunities. There may be time, resources, or other factors that impact how a community functions.
- Certain times they come together. Some communities may only come together at certain times for their specific purpose. For example, a classroom, club, place of worship, or social group.



Journal Time

Why is it important to feel a sense of belonging in your community?

Our Ideal Community

Part 1

Directions: Think about the communities that exist. Then, choose five questions to discuss as a group and record your answers below.

1. What communities are you a part of?

2. What does it mean to be part of a community?

3. What makes a strong and healthy community?

Our Ideal Community

4. Name some things that communities do that are beneficial to the members?

5. Name some problems that can come up from being part of a community.

6. How can racism, stereotypes, or othering negatively impact a community?

7. Why do we need communities?

Our Ideal Community

Part 2

Directions: Brainstorm the top 10 things you would like to see in your ideal community.

My Ideal Community

<input type="radio"/>	1	
	2	<input type="radio"/>
<input type="radio"/>	3	
	4	<input type="radio"/>
<input type="radio"/>	5	
	6	<input type="radio"/>
<input type="radio"/>	7	
	8	<input type="radio"/>
<input type="radio"/>	9	
	10	<input type="radio"/>

