

Good to Great Video Connections

10-20-minute Lesson

Main Goal: To connect students to content that will increase their social emotional abilities.

Competency: Social Awareness

Definition: The abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, and contexts.

Emotional Vocabulary: Inclusive

The word **inclusive** means to include others or another. When inclusivity relates to people on an interpersonal level it means: Covering or including everyone.

Flow of the Lesson:

1. Watch the video.
2. Review the emotional vocabulary.
3. Ask students to quietly self-reflect on your own “good to great” journey, understanding that nobody is perfect and that we are all works in progress. As the famous writer Maya Angelou once said, “Do the best you can until you know better, then when you know better, do better.” Think about where you are now and what you can do to move from good to great.
4. Ask students to draw a vertical line on their sheet of notebook paper, creating two columns. On the top of the first column, have them write “Good”. On the top of the second column, have them write “Great”. Down the left hand side, have students make 10 bullets evenly spaced from the top to the bottom of the sheet. Ask students to reflect on how accepting, inclusive, friendly, kind, and respectful they are to their classmates and to write specific examples of that by the bullets within the “Good” category. Share these examples with your students: (examples)
 - a. I am loyal to my best friends and there for them when I need them.
 - b. I sometimes struggle with maintaining friendships and can sometimes be rude or even mean to my friends.
 - c. I’m a friend to everybody and just go with the flow.
 - d. I really have no interest in getting to know other students and prefer to be alone.
5. After students have listed as many examples of how they interact with their peers, have them self-reflect on potential areas of self-improvement. Encourage them to think of how they can push themselves to not just be good - or okay - but to be GREAT. Have them write those specific examples underneath the “Great” column.
6. End by encouraging students to continue thinking about their “good-to-great” journey and how they interact with others, taking time to challenge themselves to be their best version of themselves. Thank students for their time, attention, and thoughtful contributions.

Embed & Extend:

- Review your school's bully prevention steps with students and remind them that in order to have an inclusive environment we all need to follow the school's bully prevention plan
- Post what inclusive behavior looks like in your class. There are many posters available on this. Below is an example.
- Have a representative group interested in becoming more involved in school culture and climate generate inclusivity ideas and arrange a face-to-face meeting to speak to your principal about incorporating one of these inclusivity ideas at your school.
- Make sure students know the school resources available to help them if they are being bullied at school.

Conscious Actions for Inclusion

4 Keys that Change *EVERYTHING*

- 1. Lean into Discomfort**
Be willing to challenge self and others. Speak up—bring your voice and street corner.
- 2. Listen as an Ally**
Listen, listen, listen and engage. Be a partner. Challenge as an Ally.
- 3. State Your Intent and Intensity**
Clarify intent: State Notions, Stakes, Boulders, and Tombstones. Say what you mean and how much you mean it.
- 4. Share Street Corners**
Accept others' thoughts and experiences as true for them. Hear others' differences as additive.

Practiced together, these 12 Conscious Actions create a **Joining Mindset**, which builds partnership, collaboration, and teamwork.

Inclusion Is...

A sense of belonging;

Feeling respected, valued, and seen for who we are as individuals;

There is a level of supportive energy and commitment from leaders, colleagues, and others so that we—individually and collectively—can do our best work.

Sustaining Behaviors

- 5. Greet people authentically—say “hello.”**
- 6. Create a sense of safety for yourself and your team members.**
- 7. Work for the common good and shared success.**
- 8. Ensure right people, right work, right time: Ask who else needs to be involved to understand the whole situation.**
- 9. Link to others' ideas, thoughts, and feelings—give energy back.**
- 10. Speak up when people are being made “small” or excluded.**
- 11. Address misunderstandings and resolve disagreements—work “pinches.”**
- 12. Build *TRUST*: Do what you say you will do and honor confidentiality.**

CHANGE THE INTERACTION CHANGE THE EXPERIENCE CHANGE THE RESULT

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