Session 4: Being Inclusive

Know: The greatest obstacle to successful friendships is fear of rejection.
Do: Seek to experience and understand people and groups who are different than you.

Human’s greatest need is to be ______________ and to have ______________ where we feel like we belong.

Questions:
1. If you have been excluded, or witnessed a person being excluded, what do you think could be some reasons that the person is excluded?
__________________________________________________________________
__________________________________________________________________

2. List three emotions you or someone else you know has felt when being excluded:
   1. _____________________________________________________________
   2. _____________________________________________________________
   3. _____________________________________________________________

3. What would it look like in your school to include someone who isn’t typically part of a group or is left out for some reason? Visualize and write what the situation will look like when you include that person.
__________________________________________________________________
__________________________________________________________________

Challenge: Don’t let fear hold you back from including others. Compliment five different people each day this week – make sure to look for people who may have been excluded, rejected, or who are hurting. Each day, write down one compliment you gave and how the person reacted to it.