

SOCIAL INCLUSION GAMES



Expert: Eleonora Contartese

Emotional intelligence: Daniel Goleman

- Emotional intelligence has gained significant popularity in the last decade.
- Cultivating emotional intelligence will catalyze action on inclusion.
- the five elements of emotional intelligence are relevant to dialogue and action on diversity, equity, and inclusion.



- **Self-awareness:** Goleman sees self-awareness as being aware of our mood and our thoughts about mood. In the context of inclusion, there are many emotions: guilt, shame, sadness, anger, powerless. It refers to our ability to understand what we feel. To be connected to our values, to our essence.
- The second aspect is **self-motivation** and our ability to orient ourselves towards our goals, to recover from setbacks, to manage stress.



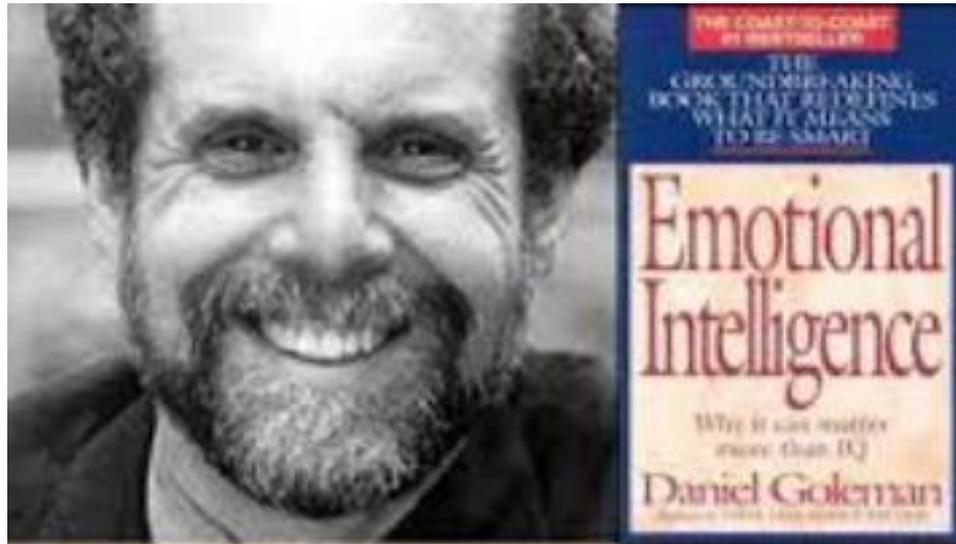


- **Motivating oneself:** Emotions are a valuable tool for spurring action. One element of emotional intelligence is your ability to use your emotions to self-motivate, persevere, and potentially delay gratification in pursuit of your goals. it has to do with social awareness and empathy.
- **Recognizing emotions in others** — Our ability to empathize with others is a critical element of emotional intelligence.it's important to understand how our social positionality broadly, and our racial identity specifically, impacts how we respond emotionally and express said emotions. **Moreover, we need to be prepared to identify emotions that other people may bring up in us** and how we respond to our emotions. The fourth link is undoubtedly the philosopher's stone of Emotional Intelligence: our ability to relate, to communicate, to reach agreements, to connect positively and respectfully with others.

**Interpersonal
Management —**
Interpersonal
management explores
our ability to engage
and navigate our
emotions,
and the emotions of
others.



Daniel Goleman



"Empathy represents the foundation skill for all the social competencies important for work."

"The key to achieving a high collective intellectual quotient is social harmony"

- A brilliant brain and a high IQ are rather useless if we do not understand empathy. If we don't know how to read our own emotions (and other people's emotions), if we are strangers to our own heart and lack social awareness that allows us to connect, manage fear, and be assertive... Emotional intelligence is, whether we like it or not, the real key to being happy.



Happy

Hyper/Silly

It's a matter of will and perseverance to apply the **keys that Professor Goleman** writes about:

- **We must detect the emotion** behind each of our actions.
- **We need** to expand our emotional language (sometimes it's not enough to say "I'm sad", we have to be more specific. "I'm sad because I feel disappointed").
- **Control what you think** in order to control how you behave.
- Look for **a reason behind the behavior of others**, be able to understand the points of view and emotions of others.
- **Express your emotions assertively.**
- **Improve** your social skills.
- Learn to self-motivate and **fight for things** that can bring you closer to true happiness.

- Emotional intelligence allows us to better understand the people we work with.
- People feel there's harmony



- Think about your team for a minute. Is everyone more or less the same? Does everyone have similar backgrounds, strengths and weaknesses? Of course not. Indeed, it would be disastrous if that were the case. Imagine if everyone you worked with brought the same experiences to the table.
- Inclusive schools are places where educational barriers are removed and students of all abilities are educated in general education classrooms.

Creating a more inclusive classroom

- 1. Switch up the seating plan — give students a change of scenery and someone new to work with by changing up your seating plan several times during the school year.
- 2. Find common ground — class games, such as "Find Someone Who," gives students a chance to get to know one another in a fun and informal manner.
- 3. Partner or small group work — set students up in partners and small groups to complete work. Giving students guidelines and expectations of group behavior beforehand can help set students up for a positive experience.
- 4. Offer structured recess activities — unstructured recess time can be very difficult for some students. It can be lonely, awkward, or even chaotic. Offer some structured and supervised games that are open to all students.
- 5. Use socially inclusive language — socially inclusive language is essential to creating an atmosphere of respect. Schools should expect that students and staff use words that appropriate and culturally responsive.

- 6. Role-play situations where students can include one another — role-playing common social situations can give students the skills they need to successfully interact with one another.
- 7. Set expectations for socially-inclusive behavior — clearly communicate your expectations of socially inclusive behavior. Ensure that all students understand the expectations.
- 8. Find ways to highlight student interests and strengths — encourage students to share their favorite things, celebrate student success in various areas of the curriculum, and demonstrate their talent and/or expertise (one year I had a student who brought her bagpipes to school and she played us a few songs).
- 9. Ensure that all students have an effective and appropriate way to communicate — make sure assistive devices are working properly and are set-up for students to effectively communicate with their peer group.
- 10. Provide opportunities/places for students to meet and interact in your classroom — create spaces where students can work together, read together, have discussions, complete an activity, or just socialize with one another. Use different types of seating, tables, and materials to create welcoming spaces.

websites for games:

<https://learnenglishkids.britishcouncil.org/fun-games>

<https://kidactivities.net/gym-games-for-school-age-kids/>

<https://dramastartbooks.com/2012/05/11/mime-workshop-for-all-ages/>

<https://kahoot.com/blog/2020/08/11/social-emotional-learning-kahoots/>

<https://neal.fun/macaroni-draw/>

<https://create.kahoot.it/details/fe0e4145-0f20-4565-b9ba-64558b0d2de8>

Empathy:

<https://create.kahoot.it/details/df04510f-23ec-45c4-a91c-08220791a01b>

<https://create.kahoot.it/details/33c47288-4008-46cb-a79d-f91fe0ab489e>

<https://www.playmeo.com/subscription/free/>

<https://sites.google.com/site/inclusiveclassroomgames/search/search-for-games>

<https://www.techlearning.com/tl-advisor-blog/4684>

<https://wordart.com/>

SOCIAL INCLUSION GAMES

TOGETHER

LEAVE NO ONE BEHIND

