

Take the Pause Reflect Include challenge:



PAUSE

- Take a moment, take a breath.
- Observe and listen with an open mind.



REFLECT

- Is everyone included?
- How might each person be feeling?
- Is there more I need to learn or know?
- How can we be more inclusive?



INCLUDE

- Adjust the activity to include everyone.
- Involve students in the decision making.
- Work together to create a more inclusive and respectful environment.