

Week 20 SEL/ABAR Lesson

Monday, January 25 - Community Meeting #: 36

Agenda	Topic: Neurodiversity
Opening: Greeting/Icebreaker	<ul style="list-style-type: none"> • Good mornings & typical greeting • Opening Rituals
Framing: Introduce topic or objective, community expectations	<p>Similarities and Differences</p> <ul style="list-style-type: none"> • “A little while ago we spoke about differences in our community. We talked about how this year for Thanksgiving and winter break, for many of us things have been different from what we usually do during this time of year.” • “People have differences and similarities too. There are things we all have in common and there are ways that we are all unique.” • “Can anyone tell me what a similarity is?” • “What about a difference?” • Have you ever noticed any similarities or differences in your community? Let’s read/hear a book about some of the different things people need and the different ways their bodies work.
Activity: Text, video, plan for offline activity, discussion	<ul style="list-style-type: none"> • Read aloud (video) <ul style="list-style-type: none"> ○ <i>Just Ask</i> by Sonia Sotomayor. Facilitate a discussion: <ul style="list-style-type: none"> ■ “What were some of the things they all had in common? What were some of the things that they needed that were different?” ■ “Do you have anything in common with the children in the book? Is there anything that is different about you from the children in the book?” - Give an example of how you have something in common or are different from a child in the book, ex. “I have ADHD just like this child” ■ “Just like the children in this story, we are all unique, which means that no one is like us in the whole world. But we also share similarities, which means we are like other people in some ways.” ■ “With your families, try to think about

	the ways you are similar and different in your family!"
Closing: Debrief, check-in on expectations, next steps, appreciations	<ul style="list-style-type: none"> • Thank students for their participation and sharing • Closing rituals

Friday, January 29 - Community Meeting #: 37

Agenda	Topic: Neurodiversity
Opening: Greeting/Icebreaker	<ul style="list-style-type: none"> • Good mornings & typical greeting • Opening Rituals
Framing: Introduce topic or objective, community expectations	<ul style="list-style-type: none"> • Similarities and Differences <ul style="list-style-type: none"> ○ "This week, we've been talking a lot about differences and similarities, and what kinds of things our bodies need to feel safe and comfortable." <ul style="list-style-type: none"> ■ "Did you find any similarities between you and a family member? Did you find any differences? What were they?" ■ Everyone needs different things and it's important that we all get what we need. Some people need tools to help them calm down or focus, like headphones or chewies. Some people need tools to help their bodies move or do things, like wheelchairs, braces, or canes. Some people might have hearing aids to help them hear or devices to help them talk. There are many different tools and strategies that people can use to help them get what they need.
Activity: Text, video, plan for offline activity, discussion	<ul style="list-style-type: none"> • "Remember when we talked about different things our bodies need in our small groups this week? This book is about two siblings and the different things they need." • Read aloud <ul style="list-style-type: none"> ○ My Brother Otto by Meg Raby

	<ul style="list-style-type: none"> ■ What did you notice about Otto? What did you notice about Otto's sister? ■ What are some things that Otto needs or does that are similar or different to things that you need and do? ■ What were some of the things that Otto's family did to help him feel safe and comfortable? ■ What are some things that your family does to help you feel safe and comfortable?
Closing: Debrief, check-in on expectations, next steps, appreciations	<ul style="list-style-type: none"> ● Thank students for their participation and sharing ● Closing rituals

Small Group Follow-up

Read "[This Beach is Loud](#)" (video read aloud, you can mute and read yourself).

Facilitate a discussion with the children:

- How was the boy feeling when he was at the beach?
- What were some of the reasons he was feeling that way?
- What were some of the things that helped him feel better?
- Do you ever feel this way? (not only at the beach)
- What are some things that make you feel better if you are feeling uncomfortable or overwhelmed?

Notice: This boy did not like it when it was loud and uncomfortable at the beach. Some people really do not like when it's loud, and it makes them feel uncomfortable. Some people love lots of noise, or like to make noise themselves. Some people really do not like feeling different things on their bodies, but other people love feeling all different kinds of things with their bodies.

Everyone has different things that their bodies need and like.

- Have you ever felt sand?
- Do you like to have sand all over your body? Or do you not like how sand feels?
- Do you like when it's loud? Or do loud noises make you feel uncomfortable?

Notice: Everyone's bodies need different things to make them feel safe and comfortable. It's important to notice what your body needs so that you can help yourself to feel comfortable.

[Neurodiversity Definitions](#) for reference