

Taking Time to B.R.E.A.T.H.E.  
**B = Building Belonging**



## My Accomplishments!



**Learn the names** of all of your classmates, and how to pronounce each person's name correctly.



**What makes YOU special?** Watch this clip: **"Sesame Street: What Makes You Special?"** and then tell us what makes you special.



**Let others see who you really are.** Share about your favorite things... books, songs, movies, sports, hobbies with another person.




**Watch this clip – "Include Others"** - about students sharing how they felt when they didn't belong. Write about a time or make a video and share about a time when you felt excluded and what you would want someone else to do to make you feel included. How can you do that same thing for others?





**Start paying attention** to when and where you see students are getting left out in your class and/or school. Create a list of ideas that staff and students can do to help make sure students are included and feel that they belong.




**Reach out and meet new people** in your class or at your school. For each new person you meet, upload a document introducing them (first name only) and three things you learned about them. If possible, take a picture with them and upload that too.

 **Include someone else.** Look around at lunchtime. Do you see someone eating alone? Does someone need a partner in your class? Ask them to join you. Journal about what that experience was like for you and how you think it felt for them to be included.

 **Look for the good in others** and spot their strengths. Write them a quick note and document what the experience was like for you and for them. For example, "Joe, I notice that you always make a point to ask others in our group if they need help. That is really kind -- thank you!"

 **What would you say are your three superpowers?** Write down your strengths and tell why you feel they are important.

 **Volunteer** to greet students at the door at the beginning of class.

**I'm a Building Belonging Rockstar!**