What’s the one thing you would love for people to leave with or remember from your presentation?

I want my audience to remember that building a more inclusive classroom starts by giving students the opportunity to learn and practice “empathy” in our classes daily. We, educators, need to provide students opportunities to learn how to accept each other’s differences, to respect others’ points of view, and to show appreciation to diversity and inclusion in the classroom.

What is a practical tip from your presentation for teachers to carry into the start of the school year?

Giving students a voice is a great way to build a more culturally inclusive classroom (picture below). Initiate conversations with students in class about how to make the PE curriculum more culturally inclusive for everyone. For example: First, foster a safe environment where students are not afraid to try and share their beliefs and ideas. An environment that students understand that making mistakes are okay and they are part of the learning process. Second, provide students opportunities to share about themselves and implement their own ideas in class (picture below- Conversation Circles Activity). Lastly, take every opportunity in class to help students to make connections with the real world. Students will try, learn, and do their best when they feel that the information and content learned in class can be applied into their lives inside and outside the school setting.

Students participating in a “conversation circle” activity. Great and easy way to get students feedback and share their voices and ideas in class.