

## CORNERSTONE 2020 RESOURCE

### Inclusion and Disabilities: A Love-Based Design Workshop, *Specialty Track 1*

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<b>SUMMARY:</b>	True inclusion means paying attention to the little details that make a big difference. This session explores ways everyone can become better noticers. - <i>Submitted by Ariella Rosen</i>
<b>TOPIC(S):</b>	This session explores ways to be better champions of inclusion, starting with the small things.
<b>LEARNING OBJECTIVE:</b>	[If the session is successful, what will the results be for the participants?] Participants will be more mindful of the language they use and the choices they make, and how these behaviors can have a big impact on making everyone in a community feel loved and noticed.
<b>AUDIENCE:</b>	This session can be adapted for participants of any age, starting with young children, up through adults. 20-30 participants, max.
<b>TIMING:</b>	90 minutes
<b>APPENDICES:</b>	Say It Right activity
<b>MATERIALS NEEDED:</b>	Pens, wire hangers, campfire supplies, AV capability
<b>SET-UP DETAILS:</b>	<p>This session takes place in many locations, and requires a space that can allow for a video to be shown and flat surfaces to write on, as well as a campfire that the entire group can gather around.</p> <p>For the AV-conducive space, set up the video to be shown with screen and speakers.</p> <p>For the campfire: Take 2-3 uncoated wire hangers or other stiff wire, and twist them together to make something that looks similar to the branches of a small bush. (It doesn't have to be</p>

perfect, just noticeable.) Place the wire sculpture upright among the logs in the campfire, and light it (only AFTER you're done making sure the sculpture will stay together). Make sure the campfire has enough fuel to burn for approximately an hour, and that it is attended by another staff member who will not be participating in the first part of the session.

### SESSION TIMELINE & OUTLINE:

#### **Timeline:**

00:00-00:10- Introductions

00:10-00:30- Disco Walk!

00:30-00:50- Campfire Burning Bush story and personal story sharing

00:50-01:10- Say It Right Activity and reflections

01:10-01:30- Star Wars video, journaling, and debrief

#### **Introductions (10 min.)**

Welcome participants and announce that the first thing we are going to do is go on a "Disco Walk." In this case, disco doesn't refer to a type of music or dance, but rather is short for "discovery." We are going on a walk to discover what is around us.

The rules:

- As we walk, pay attention to what is around us, especially anything that engages one of the five senses: sight, hearing, touch, taste, smell.
- Anyone at any time can shout "Disco!" to alert the group that they have discovered something. Whenever "Disco!" is called out, everyone must gather around so the person who made the discovery can share what they noticed.
- Examples of discoveries: the smell of flowers in bloom, the shape of a particular cloud, the feeling of the paved road under our feet, the smell of lunch being prepared in the dining hall, etc.

#### **Disco Walk! (20 min.)**

Lead participants on a walk around camp, pausing every once in a while to shout "Disco!" and make an observation about something interesting you noticed. After modeling examples, participants should feel comfortable enough making their own discoveries.

Map out any route that brings the group to a variety of places around camp, paying attention to any mobility or accessibility needs that the group has.

After around 15-20 minutes of the Disco Walk, lead the group toward the campfire that is already burning (and attended by someone who did not go on the walk!). Call out "Disco!" to point out the fire.

#### **Campfire Stories (20 min.)**

Gather the group to sit around the campfire and ask them to share what they notice. When someone notices that there seems to be something unusual about this fire, tell them the following story (based on the story of Moses at the Burning Bush, [Exodus ch. 3-4](#)):

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There was once a shepherd tending to his flocks in the desert lands of Midian, what is today part of Saudi Arabia. As he followed his sheep over the rocky terrain, he noticed a small desert bush on fire, but strangely enough, the branches of the bush did not burn and get consumed by the fire. (Point out the wire branches in your own fire.) The shepherd was confused and said, I need to stop and look at this more carefully. He stopped his flocks, and turned off the path to get a closer look. It was in that moment that the lives of an entire nation were changed forever.

Ask the group if this story sounds familiar, and if anyone knows the name of the shepherd. Share the following information (if no one in the group has already done so):

The shepherd's name was Moses, who eventually helped lead the Jewish people out of Egyptian slavery to freedom. It all started in the desert, when God called out to Moses from the Burning Bush, and asked him to become the leader of the Jewish people and to appear before Pharaoh to argue that he let the Hebrew slaves go.

The story in the Torah actually says that God only called out to Moses once God saw that Moses had turned aside to look. (Exodus 3:4)

In other words, this story could never have happened if Moses hadn't gone on his own Disco Walk, if Moses hadn't stopped to notice.

Ask participants to find a partner and share a story about a time that noticing made a big difference at camp.

(It could be a time someone noticed something about them, a time they noticed something a camper needed, something they observed between other people.)

After partners share, invite 2-3 participants to share their stories around the campfire to the entire group.

Ask: what does all of this (the Disco Walk, campfire, stories about noticing) have to do with inclusion?

Share the notion that inclusion is a mindset, rather than a program or set of programs.

Ask: What are the ingredients of an inclusion mindset? (Being able to notice little things that can make a big difference is an important start.)

### **Say It Right Activity (20 min.)**

Place the "Say It Right" sheets in various places around the space. (Return to the original room if the campfire area is not conducive to this activity and to showing the video that comes next.)

Explain: One way we can make a big difference through noticing little things is by paying attention to the language that we use. (Explain what a [microaggression](#) is in relationship to [ableism](#) if it feels appropriate.)

Give participants pens and ask them to move around the space and correct the words or phrases written on the sheets of paper.

Ask participants: did anything surprise you? Are there any things that you find yourself saying that you want to work on?

**Why are we doing this? (20 min.)**

Show participants the Star Wars commercial: <https://www.youtube.com/watch?v=V90pqyZ3cU8>

Discuss:

- General reactions to the video.
- What motivated these kids to put so much effort into this experience for their friend?

Ask participants to take a few minutes to write:

- What is something that you want to do a better job of noticing for your campers and camp community? How can you train yourself to notice more? How can you use your noticing skills to help you make your camp a more fully inclusive space?
- Why do you feel motivated to do this work?

### ADDITIONAL NOTES FOR BRINGING IT BACK TO CAMP:

The Disco Walk can work for campers of all ages and for staff as a standalone experience, and can also be worked into a campfire program.

The Say It Right exercise can be done with all staff, and can be expanded to include microaggressions that other groups face (based on race, ethnicity, gender identity, class, etc.)