



**THEME: FEELING INCLUDED**

Directions: Make up a song about how it feels to be included and sing it to your family and friends.

What sounds did you hear inside as you were making up the song?

Remember to SOAR:

**S**  
**O**  
**A**  
**R**

**Sense** what's around you

**Open** your hands to help others

**Act** with kindness

**Respect** other people