



MOBILITY INCLUSION

Students with disabilities continue to encounter physical barriers to educational services, such as a lack of ramps and/or elevators in multi-level school buildings, heavy doors, inaccessible washrooms, and/or inaccessible transportation to and from school.

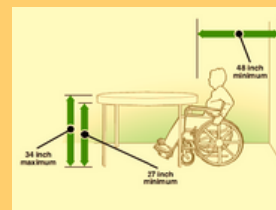


For inclusion we need:

Inviting places



Raise furniture to optimal height



Wider doorways



Walking and wheeling together



Multidimensional materials



COMMUNICATION



The process where there is an active transmission and/or sharing of information regarding oneself, the other, and the world, sharing meanings and understanding. It allows us to express what we feel, think, and know.



ACTIVE LISTENING IS:

- an essential part of communication,
- can be seen as a technique,
- allows a person to fully concentrate on what others are saying,
- helps to understand others' messages.

INCLUDES:

- providing attention,
- showing the speaker we are listening,
- providing feedback,
- deferring judgment,
- responding properly.

ASSERTIVENESS

ASSERTIVE BEHAVIOR IS:

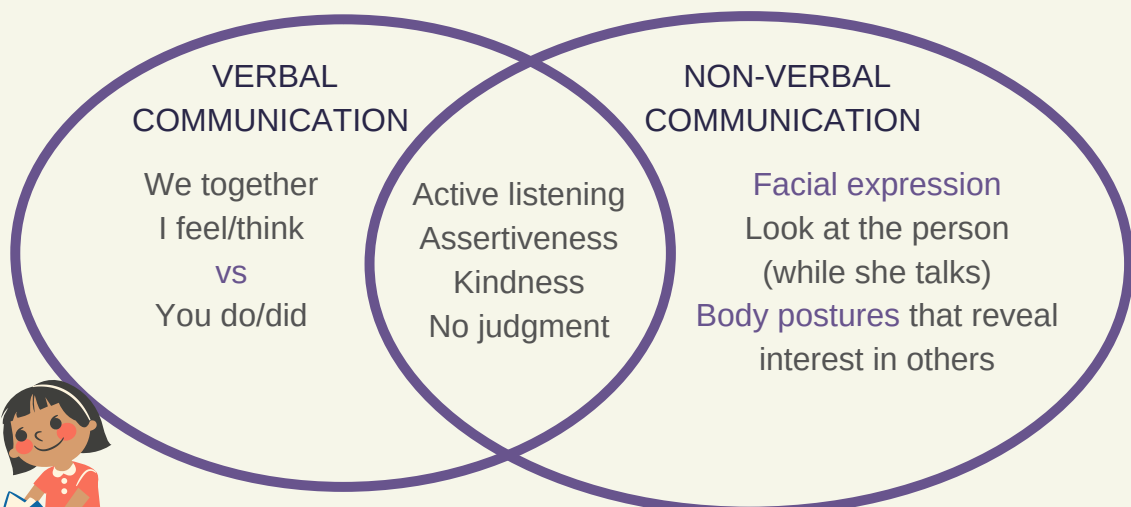
- a modality of expressing feelings, thoughts, opinions, and socially appropriate personal beliefs,
- in a respectful, clear, and honest way, without anxiety excessive.
- a social skill associated with better self-confidence, and self-esteem,
- forming and maintaining stronger relationships, and better mental health.

WHEN PEOPLE BEHAVE ASSERTIVELY:

- they assert themselves
- without diminishing or hurting others.

Empathic Communication

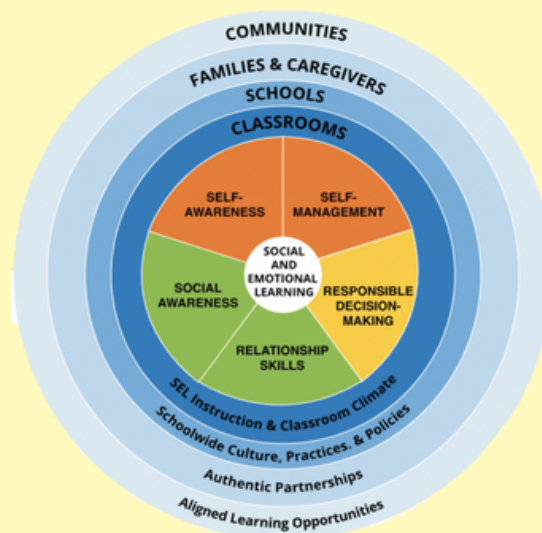
It involves both properly expressing one's own messages and understanding the messages of others.



SOCIAL EMOTIONAL LEARNING

For an empathic relationship you need to:

- Be aware of emotional cues
- Decode each other's non-verbal behavior
- Promoting common expression and understanding
- Taking an interest in the other as if it were ourselves
- Tune in with each other



Self-awareness

The abilities to understand one's own emotions, thoughts, and values and how they influence behavior across contexts.



Self-management

The abilities to manage one's emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations.

Social awareness

The abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, and contexts.



Relationship skills

The abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups.

Responsible decision-making

The abilities to make caring and constructive choices about personal behavior and social interactions across diverse situations.