

**When do you
feel included?**

When do you feel included?

Think of a place or a person.

What makes you feel like
you belong?

**What makes you
feel valued?**

What makes you feel valued?

Think of a time when someone
praised you for doing a good job.

How did this make you feel?

**What opportunities
should everyone have?**

What opportunities should everyone have?

Think of the barriers you face in your everyday life?

What could other people do to support you?

**Share a time
when you felt
ignored?**

**Share a time when
you felt ignored?**

What did you see or feel?

Could anything be done differently?

**What would help
people understand
you better?**

**What would help people
understand you better?**

What small actions can people
take to show they understand you?

**What changes
would you like
to see?**

**What changes would
you like to see?**

What changes would make
you feel more included?