Everyday Inclusion challenges: Week 1
(February 4–8, 2019)

1) **REFLECT**: Think about what diversity and inclusion means to you. If someone asked what these terms mean to you, what would you say? Why is inclusion important in your life? (5 min)

2) **JOIN**: Listen to a podcast you haven’t tried before—ask colleagues for suggestions (E.g., *Ted Radio Hour* or *Good Life Project*)

3) **GROUP**: Get together with co-workers to talk about which of these positive micro-behaviors might work for you. Which might not be suitable and why? Are there other ideas you can think of? (7 min)
   - **Nodding**: Nodding while someone’s talking can show you really value their contribution.
   - **Smiling**: It’s amazing what a simple smile can do to brighten things up.
   - **Making eye contact**: Making eye contact during a conversation can show people that you’re paying attention.
   - **Saying ‘well done’**: Giving praise is one of the most powerful reinforcing micro-messages we can send—the appreciation goes further than you think.
   - **Remembering people**: Remembering little things about someone—like a hobby or what pets they have—can show we value them as a person.

4) **CONNECT**: Try talking with someone you haven’t really connected with before—in the break room, over coffee, or after a meeting.

5) **LEARN**: Learn about a holiday or heritage month that is not your own. Share some of what you learned with other people. (20 min)

**IN-PERSON ACTIVITIES: This week and next**

- Guided tour of the art exhibit, *Reframing the Fragments: The Best We Could Do*, Friday, February 8, 2:00–3:00pm, Jordan Schnitzer Museum of Art
- "Games that make you go hmmm..." (casual card games and conversation) Wednesday, February 13, 12:15–1:00pm, Swindells Room 230 in EMU
- "Two Loops" walk (two 0.6-mile walks) Thursday, February 14, 12:00–1:00pm, meet at the EMU Amphitheatre

*Contact Debbie Sharp at dsharp@uoregon.edu or 541-346-3096 to sign up for in-person activities*