

We are taking part in



**National
Inclusion Week**
23 – 29 September 2019

Daily challenge Friday

End of week checklist

Before you head home:

- Take a moment to talk about the week.
- Share a moment when you felt included – who made you feel that way?
- Share a moment when you made a conscious effort to make someone else feel included.
- Share three things you feel good about from this week.

Now head home and switch off. Enjoy your evening and sleep well.