Social Club

BRIDGE Lab

Activity 1.2

Small Actions for Inclusion: the 'Welcome Map'

Objective:

To recognize that inclusion and feeling of belonging are built through small, everyday actions. We all have the responsibilities and many possibilities to make an impact to well-being and feeling of belonging in this way.

Step 1: Individual reflection (5-7 minutes)

Reflect individually and write down:

· One small, realistic action you could take to include another person in daily life (class, group work, workplace).

· One small change you could make in your routines to support inclusion over time.

Writing can be done using keywords or short sentences.

Step 2: Group reflection(15 minutes)

1. Create small groups (3-5 people) and list practical ways to include others in the classroom or training environment.

· The focus should be on what the action is.

· Put special emphasis in listening without comments or judgement and try to think of concrete actions rather than abstract ideas.

2. Categorize and adjust ideas as actions to be used in specific situations and as actions to be implemented on a longer term and timeline. Create two columns.

Actions to be used in specific situations	Actions to be implemented on a longer time range

Step 3: Merging ideas (15 minutes)

All groups come together to create a Welcome Map on a poster. The map includes the practical tips and ideas you had in previous task and it can also include:

- Simple tips to welcome others (e.g. inviting someone to join a group, offering help)
- Kind or inclusive messages
- Words, drawings, symbols, or colors that reflect cultural diversity and belonging

Each group contributes at least two ideas to the map.

Step 4: Brief sharing (10 minutes)

Groups briefly explain one element they added and why it matters.

Tips

Try to keep the focus on practical and achievable actions, not only ideal or abstract solutions. It is important to understand that small actions matter and that inclusion is a shared responsibility for all. Keep the map visible as a reminder how important these daily or even momentarily actions are.