

We all have feelings!



In the video, Oliver's friends from his rugby team shared some words to describe how they feel when they are excluded or underestimated because of their disabilities.

1. Write down some words explaining your feelings when you aren't included
2. Write down some words explaining your feelings when you are included

How does it feel when you aren't included, or people don't believe in you?

Not Included	Included

How would you like to make people feel? Like the words in the first list, or the second?



Build each other up, don't knock each other down!