What does diversity mean to you?

What does inclusion mean to you?

Do you think diversity and inclusion are essential in teams? Why or why not?

Think of one of your current leadership roles. Is that role within a diverse group of people? List **FIVE** examples that show diversity. Use the word “**MULTIPLE**” in each.

1. 
2. 
3. 
4. 
5. 

Think of one of your current leadership roles. Is everyone included within that group? List **three** examples that show inclusion. Use the word “**ALWAYS**” in each.

1. 
2. 
3. 

*In this specific activity, let’s say you have one participant who is unable to participate in physical activities (running, swimming, etc.) and one participant who is unable to consume meat (vegetarian, vegan, etc.)! Circle **TWO** inclusive options in each column that you could plan as a leader.*

<table>
<thead>
<tr>
<th>Ice Breakers</th>
<th>Group Activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 Truths, 1 Lie</td>
<td>Escape Room</td>
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<tr>
<td>Quote Connection</td>
<td>Fitness Course</td>
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<tr>
<td>Balloon Pop</td>
<td>Hot Dog Eating Contest</td>
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<tr>
<td>Musical Chairs</td>
<td>Volunteer Hour</td>
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</tbody>
</table>

Do you think diversity can always be seen? Why or why not?

Think of a time you felt excluded. How did it impact you? What steps could have been taken to prevent your exclusion?

What is your favorite team building activity? Is it inclusive for everyone?