

INCLUSIVE EDUCATION RESOURCES

JANUARY 2026

STEREOTYPES AND BIASES

First impressions are often formed quickly and unconsciously, shaped by common biases, myths, and cultural messages about people with disabilities.

Teachers play a vital role in helping students recognize how these assumptions develop and how they influence the way we treat others. Without guidance, unconscious biases can lead students to make inaccurate assumptions, pass judgement, or exclude peers—sometimes without realizing the impact of their actions.

Beliefs about what a person with a disability can or cannot do are often based on stereotypes rather than on individual strengths, interests, and abilities. By explicitly addressing these misconceptions, teachers can help students learn to question stereotypes, develop empathy, and value diversity.

Creating opportunities for open discussion, critical thinking, and positive representation encourages students to see people with disabilities as capable individuals, not defined by limitations. Supporting students to understand and challenge bias is essential in building inclusive classrooms where respect, equity, and belonging are shared responsibilities.

MONTHLY RESOURCES

First Impressions

First impressions can be misleading. In this lesson, students reflect on how they form impressions of others and how this shapes their views and beliefs. Discussions focus on the dangers of judging others before getting to know them.

'Out of My Mind' Movie

Get to know Melody Brooks, a 12 year old student with cerebral palsy in this funny, heartfelt movie. Melody's world changes when she can share her thoughts with the world using an augmentative communication device.

Identity Iceberg

Students explore the concept of an iceberg as a metaphor for our identity – some parts are noticeable (above the surface), while others are hidden (below the surface) – and create their own “identity iceberg”.

CLKD'S INCLUSIVE EDUCATION MONTH CONTEST - FEB 2026



Each February, CLKD hosts an Inclusive Education Month contest! **WIN a pizza party** for your class by practicing or learning about inclusion at school!

Send us your photos, stories, videos or copies of finished assignments that show how your class and students learned about disabilities and inclusion. Submissions will be posted online and the winning class will be chosen by random draw.

Send in your entries by email to Julie at jsharpe@clkd.ca
Please include your name, school and classroom grade.