

# Designing Health Lessons and Activities to be Inclusive

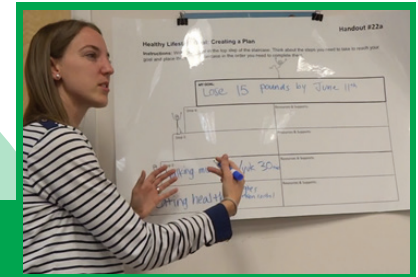


## Learning Objectives

- Should be observable and measurable
- Create short-term objectives
- Restate at beginning and end of lesson

## Accessible Instructional Materials

- Use digital materials such as videos
- Provide visual equivalents to text-based information
- Use text-to-speech software
- Use alternative methods to learn material (visual, auditory, kinesthetic)



## Effective and Inclusive Programming

### Diverse Instructional Formats

- Use multiple media formats to present information
- Scaffold information to promote acquisition (e.g., graphic organizers)
- Focus on critical information
- Break information into smaller segments



### Active Learning Opportunities

- Model and role-play scenarios
- Incorporate physical activity into lessons
- Team-based activities promote engagement



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