



THE INCLUSIVE PLAY PROJECT

EDUCATOR RESOURCES

A GUIDE TO INCLUSIVE RESOURCES FOR EDUCATORS



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WHO WE ARE?

This handbook, developed by the Inclusive Play Project, is designed to help educators navigate and access inclusive resources that support all learners in both classroom and play environments.



Rather than prescribing teaching methods, this guide highlights existing tools, supports, and materials that can be used to promote inclusion.

This resource is for everyone; inclusive practices go beyond recess, accessibility, and inclusion can be fostered at every level



SCHOOL
ADMINISTRATORS



EDUCATIONAL
ASSISTANTS



COMMUNITY
PROGRAMS



PLAYGROUND
SUPERVISORS



CLASSROOM
TEACHERS

WHY INCLUSIVE PLAY MATTERS

Inclusive play is essential for fostering belonging, social development, and equitable participation among students of all abilities. Play is not just a break from learning; it is a critical context where children develop communication skills, friendships, problem-solving abilities, and confidence.



When play environments are not intentionally inclusive, students with disabilities or diverse needs may be excluded, physically, socially, or emotionally. Inclusive play ensures that every child has access to meaningful engagement.

INCLUSIVE PHYSICAL ACTIVITY AND LESSON PLANNING

Incorporating inclusive resources into physical activity and classroom lessons ensures that learning is accessible to all students.

BENEFITS OF INCLUSIVE LESSON PLANNING RESOURCES

- Supports different learning styles (visual, auditory, kinesthetic)
- Increases student engagement and participation
- Allows students multiple ways to demonstrate understanding
- Promotes confidence and reduces frustration

IN PHYSICAL EDUCATION AND MOVEMENT-BASED LEARNING

- Adapt activities to different ability levels
- Provide alternative ways to participate
- Ensure safety and accessibility

When inclusive resources are used effectively, all students can engage meaningfully, rather than being passive observers.



RESOURCE BANK

Check out a list of organizations, tools, and resource hubs that support inclusive education, inclusive play, and accessible learning environments. These resources are intended to help educators find, access, and implement supports in real-world settings.

PLAYGROUND & RECESS RESOURCES

Holland Bloorview Kids Rehabilitation Hospital – Creating Inclusive Playgrounds Playbook

What it is:

A comprehensive guide to designing inclusive playgrounds, including accessibility considerations, community engagement, and practical design strategies.

Why it's valuable:

This playbook goes beyond theory and provides real, actionable guidance for creating playgrounds that are physically and socially inclusive.

How educators can use it:

- Advocate for inclusive playground changes at their school
- Understand barriers students may face at recess
- Collaborate with administrators and communities on playground improvements



PLAYGROUND & RECESS RESOURCES

Christopher & Dana Reeve Foundation – Inclusive Playground Toolkit

What it is:

A toolkit focused on building inclusive community playgrounds, including planning, funding, and accessibility considerations.

Why it's valuable:

Provides insight into how inclusive spaces are created, not just why they matter—especially useful for advocacy and long-term planning.

How educators can use it:

- Support school or community playground initiatives
- Learn about inclusive design features
- Use as a reference when discussing accessibility with stakeholders



Play Scotland – Inclusive Play Design Review

What it is:

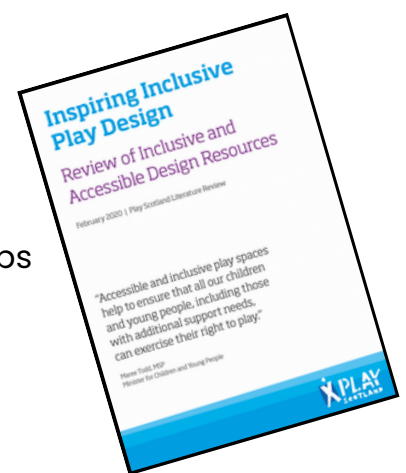
A research-based review of inclusive and accessible play design principles.

Why it's valuable:

Highlights evidence-based approaches to inclusive play and helps educators understand the deeper principles behind inclusive environments.

How educators can use it:

- Build knowledge of inclusive play theory
- Support evidence-based advocacy
- Reflect on how current playgrounds support (or limit) inclusion



EDUCATOR LEARNING RESOURCES

Holland Bloorview Kids Rehabilitation Hospital – “Dear Everybody” Position Paper

What it is:

A position paper that challenges stigma and promotes inclusion for children and youth with disabilities.

Why it's valuable:

Encourages educators to reflect on attitudes, biases, and systemic barriers that impact inclusion.

How educators can use it:

- Guide professional development discussions
- Reflect on inclusive school culture
- Support mindset shifts toward inclusion



Canadian Down Syndrome Society – Educator Resource Guide

What it is:

A practical guide with strategies and tools to support students with Down syndrome in inclusive classrooms.

Why it's valuable:

Provides clear, accessible, classroom-ready supports that can be applied broadly to inclusive education.

How educators can use it:

- Adapt classroom instruction
- Support diverse learning needs
- Share with school teams and EAs



INCLUSIVE LESSON PLAN RESOURCES

Scholastic Canada – "I Can Too" Resource List

What it is:

A curated list of inclusive educational materials and activities for children.

Why it's valuable:

Focuses on representation, diversity, and inclusion in learning materials.

How educators can use it:

- Integrate inclusive content into lessons
- Select diverse classroom resources
- Support conversations about inclusion



Government of Canada – Inclusive Lesson Plan Resources

What it is:

Free lesson plans and resources focused on equity, inclusion, and diversity.

Why it's valuable:

Provides accessible, ready-to-use materials aligned with Canadian values and curriculum goals.

How educators can use it:

- Incorporate inclusion into daily teaching
- Address equity and diversity topics
- Support curriculum connections



INCLUSIVE LESSON PLAN RESOURCES

Heartland Area Education Agency – Adapted PE & Recess Activities

What it is:

A collection of adapted physical education and recess activities designed for inclusive participation.

Why it's valuable:

Provides practical, easy-to-implement activity modifications for diverse learners.

How educators can use it:

- Adapt games for recess and PE
- Increase participation for all students
- Provide structured inclusive play options



Inclusion Outreach – Inclusive PE & Recess Lesson Plans

What it is:

A collection of inclusive and adapted lesson plans specifically for physical education and recess.

Why it's valuable:

Designed with inclusion in mind, these plans provide ready-to-use, adaptable activities for educators.

How educators can use it:

- Plan inclusive PE lessons
- Facilitate inclusive recess activities
- Modify activities based on student needs

