



On Common Ground

It doesn't matter if you have a big role or small role in a group. You still need to listen and ask questions. How do you know when to listen and when to speak?

Cooperation

Cooperates as a Group Leader or a Member of the Group



Mindfulness Principle: Have Faith

Skill Focus: Participate as a member of a group by listening and asking questions, as well as by following directions.

- 1
 - Think of a time when you needed to work with others. (Allow thinking time.) What was it like when you had to work as a group?
 - Have you ever been on a team? (Students give examples). For a team to play well, everyone needs to do their part.
- 2
 - When working as a group, it is important to listen, ask questions, and follow directions.
 - Let's imagine that we are working as a group to climb to the top of a mountain. What different jobs will we need to do? (Students offer possibilities: leader, map reader, compass holder, food carrier.) Every job is important.
- 3
 - With your eyes closed, visualize yourselves taking one of these roles. If you are the leader, how does it feel to be responsible for guiding the group? Map reader, how do you experience the work of finding where the group is on the map? Compass holder, how does it feel to be responsible for finding the right direction? Food carrier, how do you feel as you carry food for the group to eat?
 - Reflect and take a deep breath. Notice that you did your job well, and we reached our destination. How does it feel? Notice how every job was important, not just yours. Take a deep breath, and enjoy arriving in this place.
 - When we are working in a group, we can have faith that if we do our job the best we can that the rest of our group will work together to do their jobs. Being in a group means having faith in ourselves and in our teammates.