



We're all in this Together

Imagine you're working with a group and you want the biggest job. Someone else gets that role. How can you participate well, even if you're disappointed?

Cooperation

Works with Others Toward a Common Goal



Mindfulness Principle: Have Faith

Skill Focus: Participate as a member of the group regardless of their role and the role of others.

-
- 1
 - When you think about the word TEAM, what comes to mind? (Allow several students to share whole group.)
 - When working as a TEAM, often times, there is a goal that you are trying to achieve. Is it possible to work as a TEAM and achieve this goal with everyone having the same role?
 - Teams require communication, respect, and everyone doing their share of the work.
 - 2
 - Let's take a moment to visualize that we are a part of a TEAM with a very specific role to fulfill.
 - (Divide students into groups of five.) There is a leader who is organizing the materials that will be handed out, there are three block layers, and one person is inspecting the work.
 - You are slowly and quietly working together to build a bridge, meaning that your bodies are moving through the motions of completing this task. (Allow 1-2 minutes of construction.)
 - Now calmly stop by placing your hands at your sides and taking a seat.
 - 3
 - Reflect on the role that you played within your TEAM. Share how it felt to fulfill this role.
 - Remember that even small roles matter, and that it's important for you to do your part to the best of your ability even if it's not the role that you hoped for.
-
-
- A decorative blue watercolor splash graphic located at the bottom right of the page.