



## **The Leader in Me**

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Imagine working with a group, and the group doesn't reach its goal. How can you accept failure without placing blame?

# Cooperation

Cooperates as a Group Leader or a Member of the Group



**Mindfulness Principle:** Reality Check

**Skill Focus:** The students will be able to accept group failure without blaming others.

- 1
  - Take a moment to reflect on your experiences about working within a group. (Allow 30 seconds of think time.)
  - There will be times that when you work in a group, your group will make mistakes. How do you prepare to accept responsibility for the mistakes that your group has made?
- 2
  - Close your eyes and imagine you and your classmates working together to make a story book in art class. You did most of the writing, and other group members completed the drawings.
  - As other classmates look over your group work, they notice a few errors.
  - Notice how your body is beginning to feel. Which emotions and feelings are flowing throughout your body and mind? How do you communicate to group members that there are mistakes that need to be corrected?
  - Let's begin to release these emotions and feelings.
  - Extend your arms and slowly begin to close and shut your hands (about three times.)
  - As you close and shut your hands, imagine these emotions being released from your body and mind.
- 3
  - Now focus on the mistakes. Begin to think how the corrections can be made by all group members.
  - As you communicate these new ideas to group members, remain in reality as you all take responsibility to make your work even stronger.