



## **Cool as a Cucumber**

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Sometimes it's your turn to play with something,  
sometimes it's someone else's. Can you wait patiently  
for your turn to come again?

# Cooperation

Resolves Differences Quickly



**Mindfulness Principle:** In the Moment

**Skill Focus:** Compromise while playing with others.

**Preparation Materials:** Toys for half of the class

- 1
  - Can you remember a time when you and a friend wanted to play with the same toy?
  - Close your eyes and imagine your friend is asking to play with your toy. What does your body feel like? (Examples may include hot, tight, closed.) What do you want to do?
- 2
  - Stand up and partner with the person next to you. Imagine how you might get a turn to play with the toy and also let your partner have a turn.
  - Pretend to pass the toy to your partner. Now pretend to ask your partner to let you play with the toy.
  - Watch as I pretend to share the toy with my friend. (Talk as you model this behavior. Discuss how you are feeling, and discuss how you think your friend is feeling now that they are able to receive the toy.)
  - (Pass out toys by providing only half of the class with a toy.) Practice sharing the toy with the person next to you.
- 3
  - How did you feel when you shared the toy? Close your eyes and notice how you feel after sharing. Do you feel open or tight? What other feelings do you have in your body? What emotions do you have? (Students will share their answers with the whole group.)
  - If we notice our friend's feelings, as well as our own, we can imagine a way that we can both enjoy the toy.