

# Year 2

# 10-13

# TEAMWORK

**Teamwork:** *The process of working together with a group of people, in order to achieve a goal.*

Last year, for your Teamwork homework, you worked on helping others to reach a goal. You were supposed to work as a team to accomplish something. Well, what happens when somebody on the team isn't working very hard, and you are? Or, maybe some of the team members aren't friendly.

Sometimes, working with others can be difficult for this reason. Many times, it makes teams fail at accomplishing their goals. A soccer team can have the best players in the whole league, but if they don't know how to work together, they won't play well at all.

So, how do we change these people? Are you ready for the answer? You don't change people... you change yourself! You change how you feel. You change how you think. And, most importantly, you remember the goal.

This means that you must use that inner strength to understand that everyone is different, everyone has different things they are good at, and everyone has different feelings about the goal you are trying to accomplish.



## Teamwork Exercise

*In this exercise, we are going to discover what would make us a better team player and leader. Sometimes hearing suggestions is very tough. We would like to believe that we are always doing what is best for the team, when in fact, we may be doing something and not even realizing its negative effects.*

1. Sit down with a parent, teacher or coach and ask them the following questions. Tell them to be honest, and that you really need to know so you can become the best team player possible. Circle Yes / No / Sometimes
  - A. Do I try and do things alone, when other team members are available?  
*Yes / No / Sometimes*
  - B. Do I ever act in a way that may hurt someone's feelings on the team, without realizing it?  
*Yes / No / Sometimes*
  - C. Do I sometimes blame others or circumstances?  
*Yes / No / Sometimes*
  - D. Do I ever exclude anyone from the team?  
*Yes / No / Sometimes*
2. Was it hard to hear some of these answers? On the back side of this page, write how you will improve on each of the items that were "Yes" or "Sometimes."

Parent, teacher, or coaches signature: \_\_\_\_\_