

Year 2

7-10

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 focus on changing ourselves to make a better teamwork effort. You will work with a family member or friend to accomplish something. It must be a project that takes more than an hour. A weekend project, or week long project would be perfect. Working with a younger sibling would be the BEST for this project!

- Share the goal of the project with your team-mate. Get them excited about achieving the goal. Remember, the more you can get them excited about achieving the goal, the better team player they will become.
- Remember that your team-mate might not have the same ability as you to accomplish this goal. In the picture above, not all the kids will pull with the same effort. Some are stronger than others. The most important part is that everyone is encouraged to do the best they are capable of doing.

1. What was the goal you set out to accomplish?

2. How did you encourage your team-mate? And, what did you do or think to make this a happy and positive experience for the team? (use the back of this page if more room is needed)

Parent, teacher, or coaches signature: _____