

## Cooperation MARCH 2022



### SAY IT:

Cooperation means working together to do more than you can do alone.

### KNOW IT:

#### ASK A KID:

- Have you ever had to ask a friend to help you with something? Have you ever been asked by a friend to help them do something? How did it feel to work together to accomplish a goal?
- Think of the last time you cooperated with classmates, siblings or your parents to complete a task. Examples might be group work in your class, household chores or helping bring the groceries in from the car. Think of how much more time and effort it would have taken you/them to do the task alone.

#### ASK A GROWN UP:

- Can you think of a time when you worked alone and it would have been helpful to have someone to help you?
- Tell about a time you worked together with a team toward a common goal?
- What are some ways you have shown others that you are willing to cooperate?

### SEE IT:

Have a family movie night one weekend this month and rent or check out *Remember the Titans*. It is a phenomenal movie, based on a true story, that portrays teamwork and cooperation. The players and coaches on the team were not simply working together to win football games, they were also tasked with changing the culture and attitudes of their small community in Virginia back in the early 1970's.

### BE IT:

Sit down as a family and discuss each member's role and responsibility in maintaining a clean and functional house. Together, create or refine a chore list. Assign age appropriate tasks to each member, even involving very young children (an example might be to pick up toys and put them in basket every night before bed). Promote this as a positive, not a consequence. It is an opportunity for everyone to cooperate because a lot more can be done together than alone.

# PHASE

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## It's pretty simple – the words we use with kids matter.

Our words have an impact each day on what kids think of themselves, their future, and their interactions with the world. Here are some words you can use every day:

Good morning!

I love you

I have noticed...

I hope you know...

Have fun!

Keep trying

I'm really proud when...

Work hard

I've been thinking...

I'm sorry

Be kind

I can always count on you to...

**So don't miss it.** It's just a phase! Make sure you are using words every day to build up the skills you want to see in your child.