



COOPERATION

4th Grade Family Connection

PurposeFULL
People

Overview

This month's focus is Cooperation. One way to think about Cooperation is "working together to reach shared goals." As a family, talk about how this definition applies to how you work together at home. What are some goals you share?

Cooperation is 1 of 3 traits we will focus on throughout the year that helps students Be Kind. Throughout the school, students will be developing skills like perspective-taking, conflict resolution, and leadership.

Conversation Starters



- What does Cooperation mean in your own words?
- How do you think practicing conflict resolution helps us be more Cooperative?

In The Classroom

We all experience conflict in life. We need tools to help us navigate conflict successfully. This month, 4th graders will practice using the Tree of Choices to practice conflict resolution. The Tree of Choices is a simple tool to help us resolve conflict successfully.

1. The Roots of the Tree:

- Identifying if the problem is big or small.
- **Big problems** require assistance from an adult, which usually means someone is being hurt physically or emotionally.
- **Small problems** can be solved on their own without adult assistance.

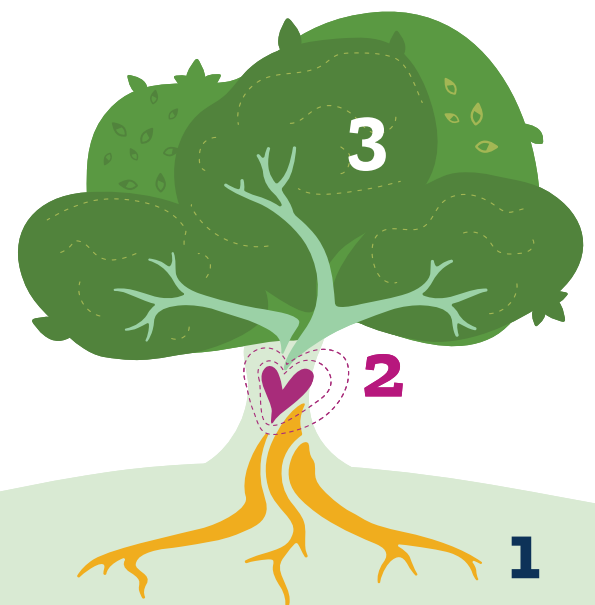
2. The Heart of the Tree:

- Naming the emotions you are feeling.

3. The Branches of the Tree:

Make a choice to:

- Move it out (step away from the problem)
- Talk it out (talk through the issue or connect with a friend/trusted adult)
- Breathe it out (practice some strategies that help us calm our emotions before responding in the heat of the moment).



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PurposeFull Pursuits

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Have some fun connecting as a family this month while practicing Cooperation. Here are 3 "PurposeFull Pursuits" for you to complete together. How many can you do this month?

Pursuit #1

This week, plan a time where everyone needs to work together to accomplish a shared goal like cleaning up the space you live in or making a meal together. Make sure everyone has a role to play with specific tasks. When the project is complete, discuss and celebrate how each person's part was important to the end result.

Pursuit #2

Review Cooperation as a family! Search through your cupboards for some board games your family has not played in a while, or grab a deck of cards for a simple game of Go Fish. Pop some popcorn and have fun playing together! Look for moments of Cooperation that you can point out.

For example:

- Choosing which game to play
- Handling wins and losses
- Choosing who gets to go first
- Working together to solve a problem



Pursuit #3

Find a time to sit in a circle together and celebrate all the ways you have seen each other practice Cooperation. Take turns sharing responses to the following prompts or make up your own! Remember to practice Cooperation as you take turns and listen to each other.

Celebration Prompts:



- What family member(s) do you want to celebrate for their Cooperation this month?
- Share about a time when you practiced Cooperation by working to resolve a conflict.

