



# TEAMWORK

## WEEK 1: TEAMWORK OVERVIEW

### AGE-SPECIFIC MAT CHAT FOR AGES 13-16

#### OPENING DISCUSSION:

"Tell me in your own words what teamwork means? (Ask two students to describe in their own words what teamwork means.) Explain that teamwork means cooperative or coordinated efforts on the part of a group of persons acting together as a team or in the interests of a common cause. When you understand the power of teamwork, you can accomplish more in life."

#### Let's try a quick quiz to see if you understand the value of great teamwork!

##### What would you do?

- You participate in a group project at school in which you must create your own country. Two people in your group argue about the name of the country. Would you:
  - a) Not say anything and let them keep arguing because you don't care which name your group uses?
  - b) Suggest something as simple as flipping a coin or having a group vote so that you can continue to work on the rest of the assignment?
- You are working with a group on your form (kata) and two of you are confused about one of the moves in the form (kata). Would you:
  - a) Hang out and talk with your friends in the group until an instructor comes over to help your group?
  - b) Suggest that the group continue and come back to the segment you are confused about when an instructor is available?

#### FINISHING THE MAT CHAT:

"This week I want you to practice having teamwork at home and at school. Look for opportunities to problem solve when playing games and working in groups. The more you apply good teamwork skills to your group activities, the more you will accomplish as a team."