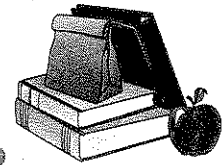
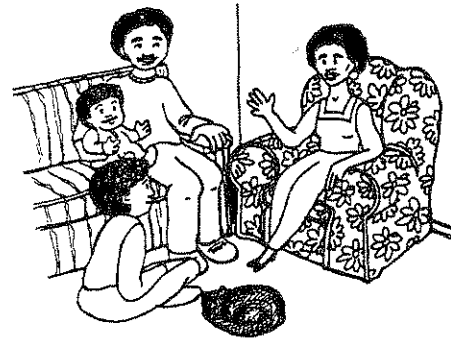


# Cooperation



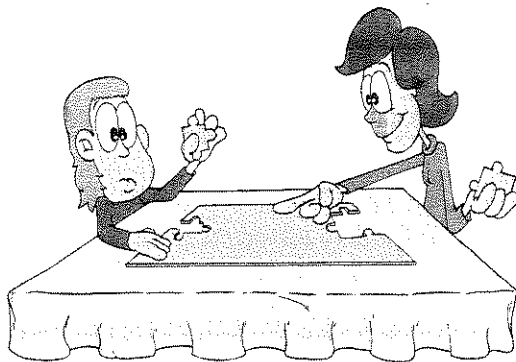
## What Is Cooperation?

Cooperation is working together for the good of everyone. It is a willingness to respect others and to follow rules which keep everyone safe and happy. Cooperation is being helpful to one another, sharing the load. It is joining others in order to do something that cannot be done alone.



## Why Practice It?

Without cooperation, people disturb others. They don't care about the rules, and they don't seem to care about others. When we work together, we can often accomplish more than each of us could do alone. When we cooperate, we can do great things.



## What would Cooperation look like if...

- You have a project to do for school and don't have all the information you need?
- You notice that there is some bullying going on in the playground?
- You need to move something heavy?
- You are asked to participate in a group discussion?
- A new teacher seems nervous and doesn't know the rules yet?
- You don't agree with something your teacher has asked the class to do?

## Signs of Success

Congratulations! You are practicing Cooperation when you...

- Work well with others
- Freely offer your help and ideas
- Follow the rules
- Do your part to keep a safe, happy environment
- When you disagree, do it peacefully
- Ask for help when you need it

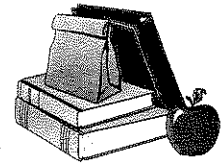
## How Do You Practice It?

Being cooperative is being willing to go along in order to get along. We are respectful of the rules. We consider other people's needs. We look for ways to be helpful, and we ask for help when we need it. Cooperation helps us bring together the ideas of many so that a new idea can come to light. Working together, we can make any place a safe and happy one.

## Affirmation

*I am cooperative. I work and play well with others.  
I respect the rules. I keep myself and others safe.*

# Activities with Cooperation



## Trust Walk

Form pairs and blindfold one person. The other is to lead them gently and carefully around the room, making sure they do not bump into anything or anyone. Then they change roles.

## Yarn Toss

Make a design out of yarn or string by forming a circle and tossing a ball of yarn across to others. Hold onto one part of the string while tossing the ball and keep holding the parts of the string that come to you. Option: As each individual tosses the yarn, they say aloud a virtue they like to practice. "I like Cooperation." "I like Kindness."

## Cooperative Hide and Seek

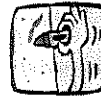
(From *The Joyful Child* by Peggy Jenkins)

Two children, hand in hand, begin as the seekers, and each time they find someone he or she joins hands with them. The game ends with all children holding hands.



## Virtues Reflection Questions

- When have you needed someone else's help to do something difficult?
- When have you helped someone else to do something they could not do without you?
- Describe what it is like when there is no cooperation in a group.
- Describe what it is like when there is cooperation in a group.
- What can you do with others you cannot do yourself?
- Name three things that can be done cooperatively to stop all bullying.



## Drawing Cooperation

In a group, using a large sheet of paper, make a mural or drawing of people doing things together. Decide who will draw what before you start. Come up with one general idea and then give each other the freedom to be creative in your own ways.



## Poster Points

- Go along to get along.
- Together we can do great things.
- Be a safe-keeper.



## Quotable Quotes

"We must help one another; it is the law of nature." French Proverb

"By uniting we stand, by dividing we fall."  
John Dickenson (The Liberty Song)

"We must try to trust one another... and cooperate." Jomo Kenyatta

"Cooperation is doing with a smile what you have to do anyway." Anonymous

"Asking for help does not mean that we are weak or incompetent. It usually indicates an advanced level of honesty and intelligence."  
Anne Wilson Schaeff

"Oh, I get by with a little help from my friends." Paul McCartney