



# the family values toolkit

For Children Ages 8 to 10

## This Month's Featured Value Is: **Cooperation**

Cooperation means working with others in harmony to achieve a goal, forming a team committed to finding solutions to any interpersonal conflicts that may arise along the way. It also means being ready to lend a hand by willingly following rules that benefit the greater group.



## What Can Parents Do to Nurture This Important Value?

### First, Set Goals:

**Make sure your child understands the reasoning behind rules, and strengthen his or her capacity to see others' points of view.**

At this age, the ability to see events from another's perspective and to predict probable outcomes helps kids with both kinds of cooperation (following rules and getting along with others). For example, it may be fun to goof off when a substitute teacher is running the class, but they know that if they misbehave, their regular teacher will be angry and pile on more work. So they may choose to comply rather than suffer the consequences. Understanding various classmates' likes and dislikes helps them coordinate projects, like class presentations, more effectively. This is the age when kids like to participate in clubs and Scouting. Parents can help foster cooperation in many ways during this stage.

### Next, Take Action! Try These Activities:

- ✓ **Encourage participation in team sports** where teamwork skills are taught and rewarded.
- ✓ **Take your child with you to pick out birthday presents for friends**, asking them to think of what their friends like and don't like.
- ✓ **Play "Police Sketch Artist."** Divide family members into pairs, and give each pair paper and crayons or pens. One person will do the drawing at the verbal direction of his or her partner (like a police sketch artist), then both switch roles at the end so each gets to understand how the other person's task felt. (This game is adapted from Susanne Wichert's book "Keeping the Peace," and helps kids learn the communication skills that are the basis of cooperation.)
- ✓ **Try playing cooperative ball games.** Instead of using the traditional score-keeping for ping pong, tennis, or volleyball, make it a cooperative game by seeing how long you and your child (or children) can keep the ball from hitting the ground. In each round, count out loud how many times you volley back and forth, and try to do better in the next round.

### Then, Report Back!

Share your stories of success, your challenges, and overall experiences with others in our community @

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