



# GROW Well Strengths-Based Curriculum

Always Our **Best**



Gumdale State School Student Wellbeing Program  
is proudly supported by

## EVANS PROPERTIES

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### What is Teamwork?

Having the character strength of teamwork means that in group situations, an individual is committed to contributing to the team's success. The team could be a work group, sports team, family or a group project. Teamwork extends to being a good citizen within a community, and a sense of social responsibility. An individual exhibiting high level of teamwork skills, display certain behaviours in any group work context to contribute positively to the team's success. This character strength refers to being dedicated, reliable and a positively contributing member. Teamwork is also closely related to the concepts of citizenship and loyalty.



## Teamwork



### Teamwork



*I am a helpful and contributing group and team member, and feel responsible for helping the team reach its goals.*



### Building the strength of Teamwork

Helping children build their teamwork skills is important for their personal and social development. Teamwork skills not only prepare them for future success in various aspects of life, but also teach them how to collaborate effectively with others. Here are some ways to help children develop their teamwork skills.

1. **Model good teamwork:** Children often learn by example. Show them how to work well with others.
2. **Set up group activities:** Organise activities that require teamwork such as board games, group projects or team sports. These activities require children to collaborate, share, communicate and make decisions together.
3. **Team building exercises:** Consider using age-appropriate team building exercises and games designed to foster cooperation and teamwork skills.

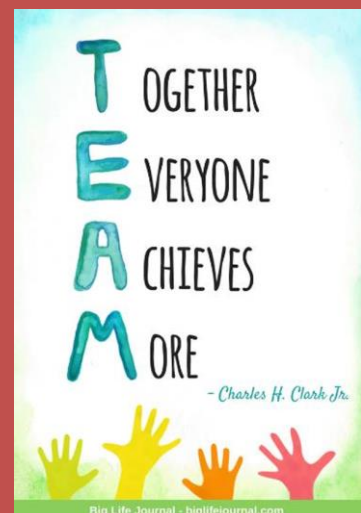
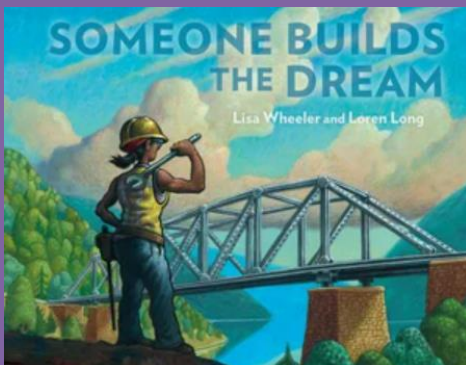
### Want more information about our GROW Well Program and Character Strengths?

<https://gumdaless.eq.edu.au/support-and-resources/wellbeing>

### 7 Essential Skills for Teamwork

- |                |                  |
|----------------|------------------|
| 1. Listening   | 5. Helping       |
| 2. Questioning | 6. Sharing       |
| 3. Persuading  | 7. Participating |
| 4. Respecting  |                  |

Read – click on the book to find a read aloud about teamwork!



Big Life Journal - biglifejournal.com