



COOPERATION

5th 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.

In The Classroom

Leadership is how we influence others. It's a powerful way to positively impact the world around us. This month, 5th graders will build their leadership skills while practicing Cooperation.

Leadership skills we are building include:

- Positively influencing others through what we say and do
- Role modeling what it looks like to be a helpful member of the class or school

Another leadership skill we are focusing on is resolving conflict using the Tree of Choices. This is a simple tool to help us approach conflict in a healthy way, which shows good leadership and builds Empathy.

1. Identify the problem

2. Name your emotion

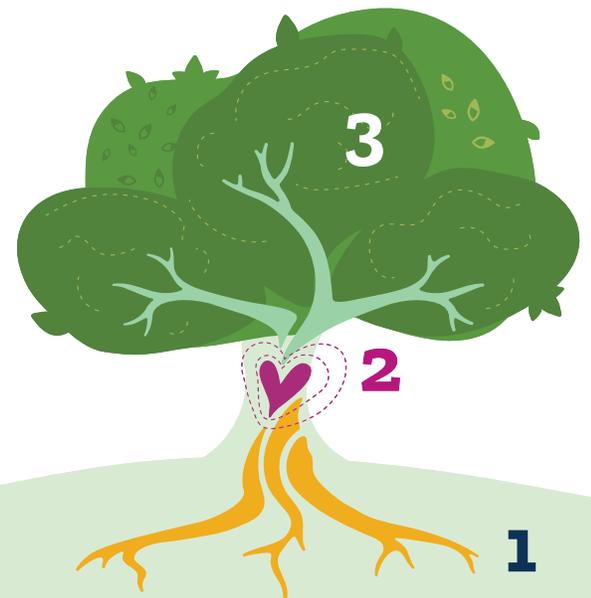
3. Make a choice:

- Move it out
- Talk it out
- Breathe it out

How can you encourage your student to practice leadership at home with other family members?

Conversation Starters

- What does Cooperation mean in your own words?
- In a leadership role, why do you think showing Kindness and Cooperation are so important?





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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?
- What is 1 way you were a leader this month? What is 1 way you were a helpful follower this month?

