

# COUNSELORS' CORNER

## Character Education Monthly Theme: Cooperation

March 2023

Lakeside Middle School

### We're lucky to work with your kids!

It's hard to believe we are already in the third quarter of the school year. We feel extremely lucky to work with your children and look forward to an exciting and positive next few months together.

This month, we are focusing on cooperation and teamwork. Learning how to cooperate with others by working together toward a common goal is an invaluable life skill. When students learn to collaborate and cooperate, they practice communication skills, conflict resolution, flexible thinking, self-management, active listening, and leadership skills. You can practice cooperation at home and in your community:

- Plan a family meal, allowing each family member to help with preparation
- Share with your child a situation where you were required to cooperate. Explain how you worked with others, even if it was challenging
- Have your child share with you a time they had to work cooperatively. Emphasize how compromise is important
- Schedule household chores at the same time & work together to accomplish them
- Volunteer as a family to do a community service event together
- Watch a TV show or read a book together, discussing how the characters had to work together to overcome an obstacle. Pay attention to the skills used.

### Teamwork at School

As the parents of middle school children, more than likely you've heard them express their disdain for group work at one point or another. While working with others can elicit negative feelings, emphasizing the benefits of cooperation and teamwork can help strengthen their growth mindset.

Collaborative work aids in problem-solving skills, encourages effective communication, and can challenge your students to learn to compromise and build resiliency.

The next time your child is tasked to complete a project with a group, remind them of these benefits and encourage them to view the situation as an opportunity to grow and learn.

**March Character Education Lesson:** We will be working on some teambuilding lessons with all grade levels.

### Teamwork in Action

Last month, we celebrated kindness with school-wide activities and a special spirit week! Our student ambassadors highlighted how much "kindness ROCKS" by painting positive messages on rocks which will be placed within our community. The goal is to spread positivity and help make kindness "the norm."



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