

Workplace Readiness Skill

Interpersonal Skills

Activity Sheet

Skill 10

Teamwork

In life, we often find ourselves working with others to accomplish a goal like a class science project or painting a room in the house. At work, teamwork is key whether you are working with a customer, a supervisor, or with your coworkers. In fact, teamwork is something that employers want to see and a lot of times they will ask about it in an interview.

Description of Teamwork

Teamwork means sharing responsibility for collaborative work and respecting the thoughts, opinions, and contributions of other team members.

Examples of teamwork:

- Help make dinner with a family member.
- Listen to ideas and develop a social media marketing plan with two coworkers.

Menu of Activities

These activities are designed to help families discuss and practice teamwork. Choose one or more activities to complete with your child.

Activity 1: Discussion on Teamwork

1. Have a conversation as a family about teamwork. To do this, have your child list all of the ways they work with other people to get work done (this can be at home, in school, or in the community).
 2. Once you have this list, break down each example.
 3. Talk about the team and the roles each person plays to work towards finishing their task.
 4. To illustrate teamwork, get 10 pieces of paper and some tape. As a family, work together to build the tallest structure you can. The building must be able to stand on its own.
 5. After you build the tower, talk about what the experience was like.
 6. Discuss the different roles each person played.
 7. Talk about what went well on their team. Highlight what your child did well.
 8. Reflect on what each person could do better and how this would improve the team.
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Activity 2: Teamwork in Action

1. Come up with a project that needs to be done in the house by multiple family members (ideas: hanging a picture, yard work, dishes, cooking, or cleaning).
2. Break down all of the tasks for the project (e.g., cleaning, return items to where they belong, vacuum the floor). The app [ToDoist](https://todoist.com) (todoist.com) helps make organizing and tracking tasks easier!
3. You can assign different tasks to different family members.
4. Complete the project together using the list of tasks.
5. Discuss how the project went after completion.
 - Did everyone complete their assignment tasks?
 - If not, how did that impact the group?
 - How did working as a team positively impact the outcome of the project?
 - What was hard or easy about working together?
6. If this is a project that is ongoing (like dishes) make this a regular team effort. You can switch up the teams and responsibilities each week.

Activity 3: Trusting your Team

1. Set up an “obstacle course” in your house or yard – you can use cardboard boxes, hula hoops, or any items you have on hand to make obstacles. Layout some rope or rulers to set a start and an endpoint.
2. Put a blindfold on and ask your child to guide you through the path without letting you touch the obstacles.
3. Switch and lead your child. Depending on your child’s skills and interests, you can make it more difficult by conducting one round with spoken instructions only. You can conduct another round in silence and guide by holding hands.
4. After, discuss the importance of trust and teamwork to accomplish a task.

Reflection

Review the questions with your child and respond together after completing the activities.

- Did this information help your family better understand teamwork?
- What was easy or hard about learning and practicing this skill?
- Why is this skill important to use at home and at work?
- How do we continue to practice this skill in the home and in the community?
- What additional information or resources do I need to continue to practice this skill with my child?