



Lesson Sixteen

Cross-Curricular Activities and Resources:

- 1. Math: Team Building with Shapes-** Divide students into small teams and give each group a set of tangrams or simple shape cutouts. Their goal is to create a shape (e.g., house, fish, rocket) using all the pieces. But here's the catch: only one person can place a shape at a time, and each teammate must take a turn. Reflect together: "What helped your team work well?" "What was hard, and how did you handle it?" Emphasize respectful turn-taking and problem-solving.
- 2. Social Studies: Classroom Constitution of Cooperation-** Guide your class in co-creating a "Classroom Constitution" focused on cooperation, teamwork, and emotional regulation. Begin by discussing how communities (like cities or countries) have agreements or laws to help people live and work together respectfully. Then, brainstorm together: What helps us work well in teams? What should we remember when someone has a different idea? What can we do when we feel frustrated while working with others? Write 4-6 class-agreed "Teamwork Promises" (e.g., We take turns, We listen to each other, We pause and breathe before reacting). Let students decorate the final version and sign it like a true agreement. Revisit it when challenges arise in future group activities to reinforce shared responsibility.
- 3. Physical Education: Cooperation Obstacle Course-** Set up a simple obstacle course or relay, but students must complete each section with a partner (e.g., holding a ball between their backs, passing a hula hoop over both while holding hands). Debrief with questions like: "What made the activity easier?" "How did you support each other?" Reinforce the physical expression of teamwork, communication, and patience.
- 4. Music: Community Sound Composition-** As a class, compose a short rhythm sequence using classroom instruments or body percussion. Each student adds one sound to the pattern. Once everyone has contributed, play the full composition. Discuss how it felt to listen, wait your turn, and be part of a shared creation. Optionally, pair this with pinwheel breathing before and after to show how calm focus supports collaboration.
- 5. Art: Team Mural of Kindness-** Create a mural titled "Together We Shine." Each student paints or draws themselves helping a friend or participating in a team activity. Add calming symbols like pinwheels, hearts, or suns to show peaceful teamwork. Display the mural in the classroom or hallway to visually reinforce the values of inclusion, cooperation, and emotional regulation.