

Summary of Lesson Sixteen

In this lesson, students learn the importance of cooperation, teamwork, and using calming strategies to solve problems together in a kind and respectful way. Through engaging, hands-on activities, a story about Tia helping her friends plan a community event, and a mindful breathing practice using pinwheels, students experience how working together and staying calm can lead to better solutions and stronger friendships. They explore how to manage big feelings like frustration or excitement and practice the skills they need to be thoughtful, helpful members of their classroom community.

At Home Activity: Word Search

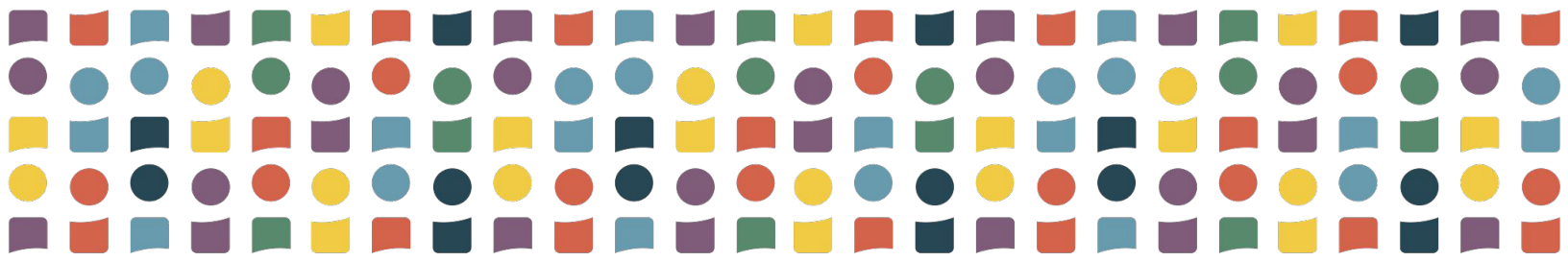
Thank you!

We would like to extend our heartfelt **thanks to you** for participating in the 16 lessons with your children.

We hope that you have found these lessons enriching and that they have brought you and your children closer together. At Mind Body Align, we are always here to support you. If you have any questions or would like additional information on Social Emotional Learning activities, please do not hesitate to reach out.

For more resources and information, you can visit our website at mindbodyalign.com or email us at education@mindbodyalign.com.

Thank you once again for your commitment and participation.



At Home Practice: Teamwork and Cooperation cont.

Learning to work together calmly and respectfully—even when emotions get big—is a key life skill. This practice helps children apply teamwork and regulation strategies at home in a way that’s fun, reflective, and real-life relevant.

At Home Practice: Let’s Practice Teamwork!

1. Choose a Mini Challenge Together

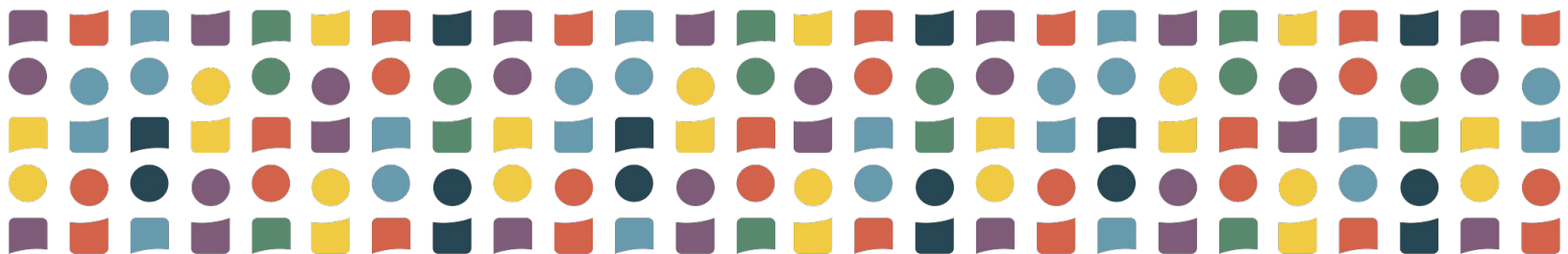
Pick a simple activity that requires cooperation.

- Build a small block tower as a team—each person takes a turn adding a piece.
- Make a snack together (e.g., fruit kabobs, trail mix, sandwiches).
- Clean up a room or set the table as a team.

2. Pause for a “Pinwheel Breath”

Before starting the challenge, take one calming breath together:

- Inhale slowly through your nose
- Exhale gently as if blowing a pinwheel
- Say: “Let’s breathe in calm and breathe out teamwork!”



At Home Practice: Teamwork and Cooperation cont.

3. Practice Kind Communication

During the challenge, encourage:

- Listening to each other's ideas
- Taking turns
- Saying kind words like “thank you,” “great idea,” or “let’s try again!”

4. Reflect Together

After the activity, ask your child:

- “What helped us work well as a team?”
- “How did we solve problems or take turns?”
- “How did our calm breaths help us stay focused or kind?”