

# Family Viewing Guide

## Character and Life Skills: **Togetherness**

### Grade Level: **3-5**

#### The Facts

1. Sandler Training (2015) says working as a team:
  - Fosters creativity and learning
  - Blends complementary strengths
  - Builds trust
  - Teaches conflict resolution skills
  - Promotes wider sense of ownership
  - Encourages healthy risk taking
2. "By working in teams, students learn to deal with diversity and conflict, which are skills that will benefit them in the future. Furthermore, course projects can be more interesting because student teams can tackle more complex tasks together than they could manage individually." (Royal Roads University, 2016)

#### Start a Conversation with Your Kids

1. How would you define "togetherness"?
2. What do you think it means to "be a part of a team or group"?
3. What do you like/not like about working with a team to complete a task? Why?
4. Name one time that you had to work with a group. What went well? What could have gone better?

#### Advice from the Experts

Parents.com gives the following advice to parents about teaching togetherness:

1. Explain your reasons for limits and requests: point out how rules benefit the whole family (ex. "We all help clean up so we don't lose things", "When you help me put away the laundry, I finish quicker and we can play").
2. Take time to problem solve: help them come up with solutions to everyday dilemmas and encourage togetherness at the same time:
  - State the problem
  - Ask a question
  - Try a solution
  - Re-direct it
5. Do chores together: Point out the advantages of working together to complete a task.
6. Give specific praise for togetherness efforts: point out how and why their contribution to the group was important. This helps them recognize and value their skills.
7. Give your child choices while maintaining rules: Offering choices shows your child respect, and respect creates a sense of collaboration.