



Choose Your Division

4TH-5TH GRADE

6TH-8TH GRADE

9TH-12TH GRADE



February
TEAMWORK &
COLLABORATION

4TH-5TH GRADE

THEME OVERVIEW:

At this stage, teamwork means learning to listen, share ideas, and compromise. Activities that require combined effort help children see the value in each person's contribution.



Worksheet

4th-5th Grade

BUILD IT TOGETHER PARTNER CHALLENGE

INSTRUCTIONS

Work with a sibling, friend, or parent to complete the building challenge using whatever materials you have (e.g., LEGO, blocks, paper, tape). You must work together – no one can do it alone!

CHALLENGES EXAMPLES

1. Build a tower at least 2 feet tall that can stand without help.
2. Create a bridge that can hold 5 small objects.
3. Make the tallest structure possible using only 10 pieces of paper and 1 meter of tape.

Our Team Members:

Our Plan (draw or write):

What each person did:

Our Final Creation (photo or drawing):





FAMILY CHALLENGE:

Complete a household task (cleaning, cooking, organizing) together.

REFLECTION PROMPT:

How did you work together?

What was challenging about sharing the task?





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6TH-8TH GRADE

THEME OVERVIEW:

Middle school students are learning how to work in groups effectively. This activity teaches them what different team roles look like and how switching roles builds flexibility, empathy, and communication skills.



Worksheet

6th-8th Grade

COLLABORATION ROLE CARDS

ROLES & WHAT THEY DO

Role	What You Do	Example
Leader	Keeps the group on track and helps with decision-making.	"Let's decide together: should we build the tall tower or the strong bridge?"
Note-Taker	Writes down ideas, plans, or steps during the activity.	"I'll write down that we need tape, scissors, and cardboard first."
Encourager	Motivates teammates and keeps the group positive.	"Great idea, Jayden! Let's try that."
Presenter	Shares the group's results or plan at the end.	"Here's what our group built and why we made those choices."

INSTRUCTIONS

1. Activity:

Build a freestanding paper tower using only 10 sheets of paper and a roll of tape.

2. Assign Roles:

Give one role to each group member. (If there are fewer than four people, some can take more than one role.)

- Leader: Makes sure everyone agrees on a design.
- Note-Taker: Sketches the design and writes a step-by-step plan.
- Encourager: Keeps spirits high, says things like, "Let's keep going, we're doing great!"
- Presenter: Shares with the group how the tower was built and why they chose that design.

3. Complete the Task:

Work together using your assigned roles. Encourage every group member to stay in character for the full activity.

4. Rotate & Repeat:

Switch roles for the next task so everyone gets to try at least two roles.





Worksheet

6th-8th Grade

COLLABORATION ROLE CARDS

ROLE LOG

Date	Role I Played	What I Did Well	What Was Hard	How I Helped the Group
3/05	Leader	Kept everyone on task	Speaking up when people talked over me	Helped us finish faster
3/05	Note-Taker	Wrote clear steps	Writing quickly enough	Helped us stay organized





FAMILY CHALLENGE:

Try switching roles while completing a new project (e.g., family meal, cleaning a room).

REFLECTION PROMPT:

How did it feel to try a new role?

What did you learn about yourself?





February
TEAMWORK &
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9TH-12TH GRADE

THEME OVERVIEW:

High schoolers can grow their leadership and collaboration skills by practicing different roles in everyday family tasks. By rotating roles, they see the importance of leading, supporting, and organizing. Skills that will help them in school, clubs, and future careers.



Worksheet

9th-12th Grade

LEADERSHIP ROTATION PLAN

STRENGTHENING EVERY ROLE

INSTRUCTIONS

Select something that requires teamwork. Examples:

- Preparing a family meal.
- Planning a weekend outing or day trip.
- Cleaning and reorganizing a shared space (garage, pantry, backyard).
- Hosting a family game or movie night.

Roles:

Each family member, including your Beta, takes one role for the activity.

- Leader – guides decision-making.
- Coordinator – organizes logistics, sets timelines.
- Supporter – assists wherever needed, maintains morale.
- Recorder – documents progress and decisions.

Date	Role	Key Contributions	What Went Well	What I'd Improve





Worksheet

LEADERSHIP ROTATION PLAN

9th-12th Grade

Date	Role	Key Contributions	What Went Well	What I'd Improve

KEEP IT GOING

Which role felt most natural to me? Why?

Which role challenged me the most? Why?

What did I learn about working together as a family?

What teamwork skill do I want to keep practicing?





FAMILY CHALLENGE:

Lead in one situation this week (plan a meal, organize a small outing)
and take a support role in another.

REFLECTION PROMPT:

How did your approach change as a leader vs. supporter?

Which role challenged you most?

