

# FROM ME TO WE

## THE POWER OF TEAMWORK

Teamwork skills are an important part to any relationship. Teamwork is the ability to work with others to reach a shared goal. Working together helps teach you how to respect others and how to control your emotions.\*



### PROBLEM-SOLVING SKILLS:

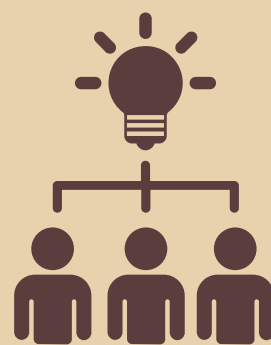
Stuck on a problem? Don't stress! Ask a family member, friend or teacher to collaborate and solve it together.



### BENEFITS OF TEAMWORK:

### CRITICAL THINKING SKILLS:

You don't have to know it all! Brainstorm with others to share ideas. You may even learn something new!



### BUILD RELATIONSHIPS:

Teamwork creates stronger friendships and builds trust. Without trust, a team crumbles and cannot succeed. But when a team succeeds, they get to reap the rewards and celebrate accomplishments together.



## TEAMWORK TASKS:

Put your teamwork skills to the test! Be adventurous and challenge yourself with tasks that require working with others to accomplish a goal. Consider these team-focused tasks:

GROUP PROJECTS

SPORTS TEAMS

CLUBS & ORGANIZATIONS

VOLUNTEERING



Remember, when a team works well together they are able to accomplish more than what one person can do alone. Go from ME to WE and find your team today!



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\*Source: <https://www.parenttoolkit.com/advice-article/supporting-collaboration-and-group-work-in-early-childhood>