

Teamwork:

Several people working together, usually with each person doing a certain part, to achieve a common goal.

Dear Parents,

As tennis great Althea Gibson said, "No matter what accomplishments you make, somebody helps you." She knew it would take teamwork to overcome

the barriers she had to hurdle. Teamwork is a life skill all of us use, whether it is in school or the workforce, and martial arts classes are a great place for children to begin learning how to get along with others and share in their successes.

As your children learn teamwork, they will learn to communicate and listen to others and work well together. Like other life skills, teamwork requires practice and knowledge about why it is important and how to recognize it.

What can parents and caregivers do to help their children develop teamwork?

Demonstrate teamwork at home. Explain to your children, while you are doing chores, how difficult it would be to take care of an entire household by yourself. Show them how each part is just as important to the end result, i.e., making dinner begins with planning, shopping, preparing, cooking, setting the table, cleaning, etc.

Praise teamwork efforts. When you and your children are working together on a project, praise them for working together. Explain how nice it is to have help. When you work together, things are done quicker, and you get to spend time with your favorite people!

Teach teamwork. Unfortunately, when working together, tempers and personalities sometimes clash. When that happens, sit down and explain that everyone has an opinion, but sometimes we must compromise and meet in the middle, or, sometimes, one person has to have the final word.

Teach your children how to define a clear goal when working on a project. If, for example, you want a room cleaned, don't say, "Clean the living room." Try saying, "You pick up the toys, while he dusts the furniture, and I vacuum."

This month our weekly lessons will cover:

Week One:

Definition: Several people working together, usually with each person doing a certain part, to achieve a common goal.

Unknown

Week Two:

The nice thing about teamwork is that you always have others on your side.

Margaret Carty

Week Three:

If everyone is moving forward together, then success takes care of itself.

Henry Ford

Week Four:

You get treated in life the way you teach people to treat you.

Wayne Dyer

River Valley Martial Arts

PO Box 640

1809 Weir Road

Russellville AR 72811

P 479-890-6988

F 479-967-9898

www.rivervalley martial arts.com



