



10: The Power of Teamwork

A 7–12 Lesson on Collaborating Effectively, Sharing Responsibility, and Growing Together



Introduction for the Facilitator

This lesson focuses on the skill of **teamwork**, which is the ability to work with others toward a shared goal. In middle and high school, collaboration is part of daily life, from academics and sports to clubs and friendships. But being a great teammate isn't always easy; it takes practice, flexibility, and communication.

Teamwork teaches us how to listen, compromise, support others, and solve problems together. It also helps students see the value of different perspectives and recognize that collective success depends on how we show up for one another.

As a core element of a student's **personal competitive advantage**, teamwork prepares them to thrive in school, work, and life. It supports the connected, purposeful, and resilient **lifestyle** they want to live.

This lesson includes:

- **A Real-World Scenario** that brings teamwork to life
- **8 Group Discussion Questions** with follow-ups
- **8 Journal Prompts** (draw or write)
- **10 Activities** to build collaboration skills
- **A printable Worksheet** to reflect and plan for stronger teamwork



Real-Life Scenario

Your class is split into teams to build a presentation. At first, it's a mess. One person takes over. Another stays quiet. Two students argue about how to start.

You feel frustrated, but instead of checking out, you ask:

"What if we each take a part we're good at?"

Things shift. Someone steps up with visuals. Another writes the script. You handle the timing. The project gets done—and it actually feels good.

That's teamwork. It's not always easy, but when it works, everyone grows.



Group Discussion Questions

1. **What does teamwork mean to you?**
Follow-up: What makes a team feel strong and supportive?
2. **Why is teamwork sometimes hard, even with good people?**
Follow-up: How can we manage different ideas or personalities?
3. **What's the difference between equal work and fair work?**
Follow-up: How can we balance skills and effort on a team?
4. **What do you need from teammates to feel respected and valued?**
Follow-up: What do you bring to a team that helps others?
5. **How do teams recover when things go wrong?**
Follow-up: What role can empathy or humor play in that?
6. **How can quiet team members still be strong contributors?**
Follow-up: How do we help make space for different voices?
7. **How does teamwork build your personal competitive advantage?**
Follow-up: How does it prepare you for future success in work, school, or relationships?
8. **What kind of lifestyle do you want to live?**
Follow-up: How does being a strong team player help build that life?



Journal Prompts

(Students can write or draw their responses depending on learning style or preference.)

1. **Write or draw about a time you worked on a team that felt great. What made it work?**
2. **Describe a tough team experience. What could've improved it?**
3. **What's your role on most teams: leader, encourager, idea generator, helper, etc.?**
4. **Sketch your "ideal team." What qualities or behaviors do they show?**
5. **What's one teamwork skill you'd like to build, and why?**
6. **Write about a time when you helped a teammate succeed. How did it feel?**
7. **What do you want teammates to say about you after a project is over?**
8. **How can teamwork help grow your personal competitive advantage?**



Activities

1. **The Marshmallow Challenge**
Teams build the tallest freestanding structure using spaghetti, string, tape, and a marshmallow on top. Reflect on teamwork lessons.
2. **Team Roles Mixer**
Teach different team roles (leader, recorder, question-asker, encourager, etc.). Rotate students through each during a mini-task.
3. **"Fix the Team" Scenarios**
Share short team conflict stories. In groups, students brainstorm how to turn the situation around using teamwork skills.
4. **Collaboration Towers**
Students work silently in groups to build a tower using only paper. Afterward, reflect on what nonverbal teamwork looked like.
5. **Group Goals Contract**
Teams create shared goals, norms, and strengths before starting a group task. They sign and revisit the contract post-project.
6. **Team Spotlight Shoutouts**
Students give shoutouts to peers who showed great teamwork that week, highlighting specific behaviors.
7. **Empathy in Teams Roleplay**
Act out moments when a teammate is overwhelmed or excluded. Discuss how to respond with empathy and inclusion.
8. **Blindfold Challenge**
In pairs, one student is blindfolded and the other gives directions through an obstacle course. Reflect on trust and communication.
9. **Teamwork Values Debate**
Discuss and vote on the top three teamwork values (trust, listening, responsibility, etc.). Reflect on what matters most and why.
10. **Post-Project Reflection Circle**
After any team activity, circle up to ask: What worked? What didn't? What will we try next time?



My Teamwork Growth Map

Name: _____

Helpful Words:

- **Teamwork** = working together respectfully toward a shared goal
- **Lifestyle Goal** = the kind of life I want to live
- **Personal Competitive Advantage** = the collaboration skills that help me thrive with others

Directions:

Reflect on your teamwork habits and set a growth plan using **writing or drawing**.

Use the back of this sheet if you need more space.

1. One strength I bring to teams is:

2. One challenge I face in teamwork is:

3. Here's something I appreciate in a good teammate:

4. My Teamwork Superpower helps me do these things:

5. Next time I'm on a team, I'll try to:

6. Teamwork helps me grow my personal competitive advantage by:

7. This is how teamwork supports the lifestyle I want to live: