

Cooperation/Trust

Month: Jan.

Week #: 18

Day: a. Mon. Time: 30 min.

Knots

Life Tree Learning Systems ©

Objectives/Aims

The students will: recognize that cooperation is fundamental to the well-being of a community and essential for a community to run effectively.

Materials

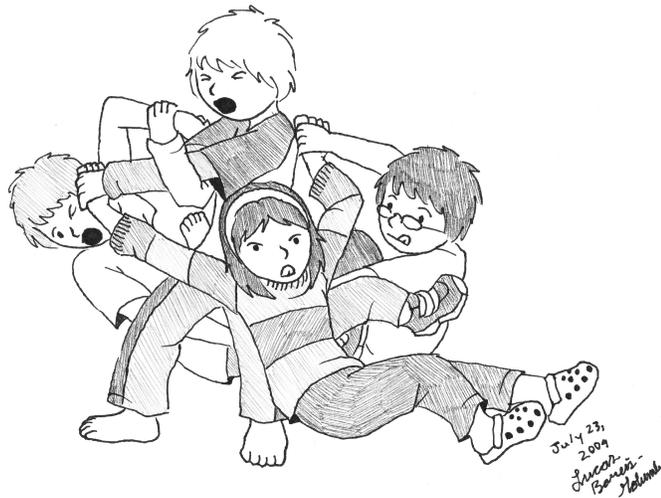
none

Illustration

These students seem to be having a rather 'knotty' problem. Will they be able to cooperate with each other in order to unravel this mess?

Background

Trust and cooperation are two foundational ingredients of any healthy and thriving community. Without trust, one is constantly suspicious of others and preoccupied with looking out for one's own self interests. Without cooperation, one often expends more energy than is necessary, sometimes with possibly less desirable results than if one had worked together with others.



Definitions:

trust - to implicitly believe that another will act in one's best interest

cooperation - working together to solve a common problem or task; putting the resolution of the problem above one's own pride and ego

Group Activity

1. Say, "Today we have a problem to solve a rather 'knotty' problem. First, I need to split you into groups of 5 - 6 students each. Now, I need you to stand with your group, in a circle, with your shoulders touching. Next, take your right hand and reach out and take someone else's right hand. Now reach out with your left hand and take the left hand of someone else. It can't be the same person that you are holding right hands with. Okay, now your task is to untangle your 'human knot' without letting go of hands. You can allow another person's hand to swivel in yours like a ball and socket joint, as well as step over, and go under other people's arms." Demonstrate. "Additionally, there will be one 'observer' in each group. This person cannot give directions and can only passively go along with what others suggest. Their main job is to observe what happens in the group: who gives the directions, who cooperates, who hinders the group's progress, what behaviors help or hinder, etc." Choose the observer for each group. Have the students create their knots. "Okay, is everybody ready? You may all begin to untangle your human knot."

2. Whenever a group successfully untangles themselves, congratulate them, invite them to be seated, and invite them to observe the other groups that are struggling.

Group Activity (continued)

3. When all of the groups have successfully untangled themselves, pose the following group discussion questions. First, have everyone within the small knot group answer. Then have the observer either confirm or deny the groups conclusions. Finally have the observer share with everybody what was learned.

Group Discussion Questions

1. What behaviors exhibited by the group members were helpful in untying the knot?

A: Accept all reasonable answers. Many of the helpful behaviors will fall under the realm of 'cooperation.' Point this out to the students.

Group Discussion Questions (continued)

2. What behaviors exhibited by the group members, got in the way of untying the knot?

A: Accept all reasonable answers. Many of the detrimental behaviors will fall under the realm of 'noncooperation.' Point this out to the students.

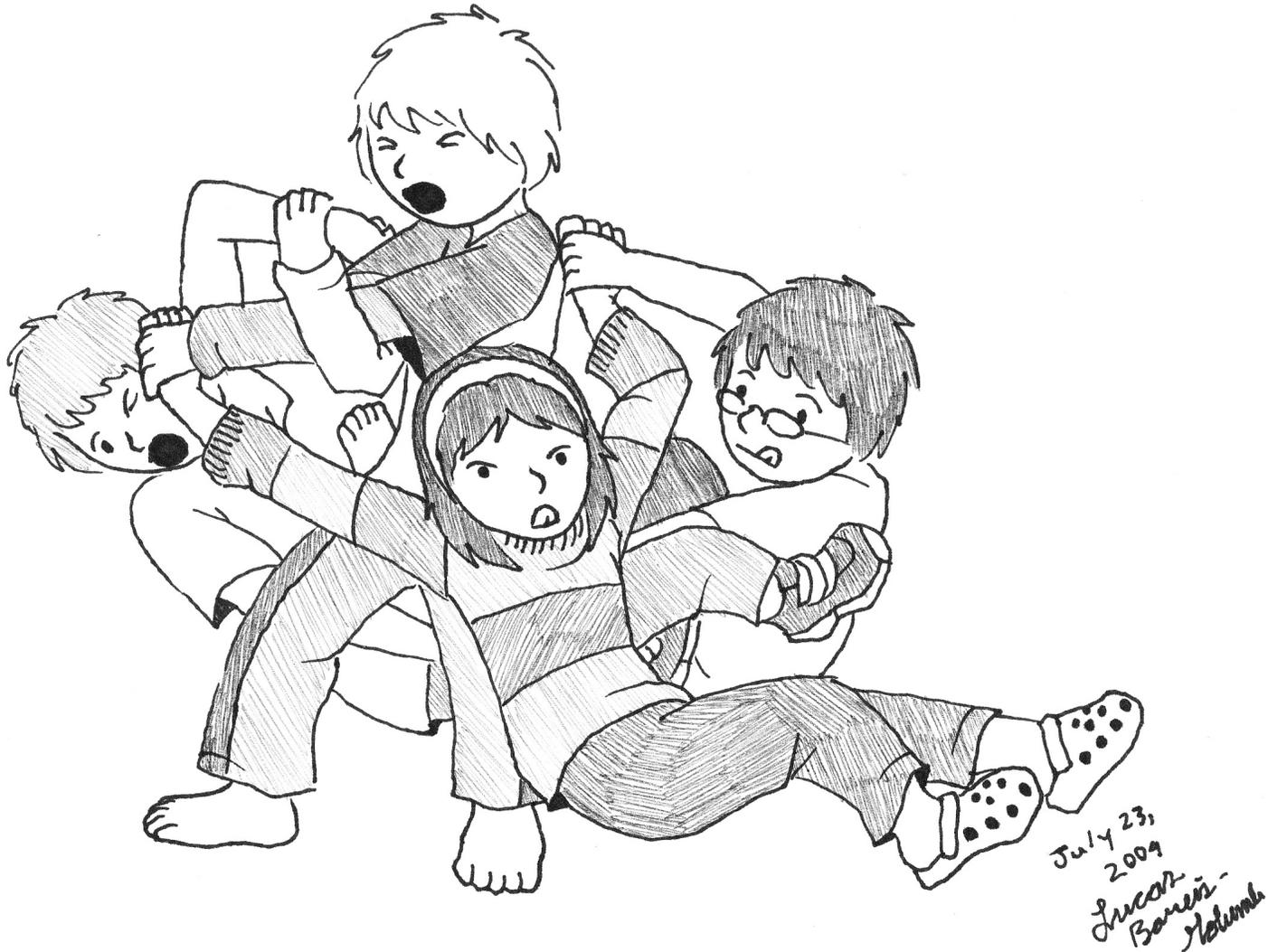
Variations/Extensions

Conclusion

Say, "Cooperation is a key ingredient of a community. Like oil on a wheel, cooperating can make the task at hand (no pun intended) easier for all involved. At times, it can even produce a result greater than the sum of all the individual efforts put together. Such is the power of cooperation."

Jan. 18 a. Mon.

Cooperation/Trust: Knots



**These students seem to be having a rather 'knotty' problem.
Will they be able to cooperate with each other in order to unravel this mess?**

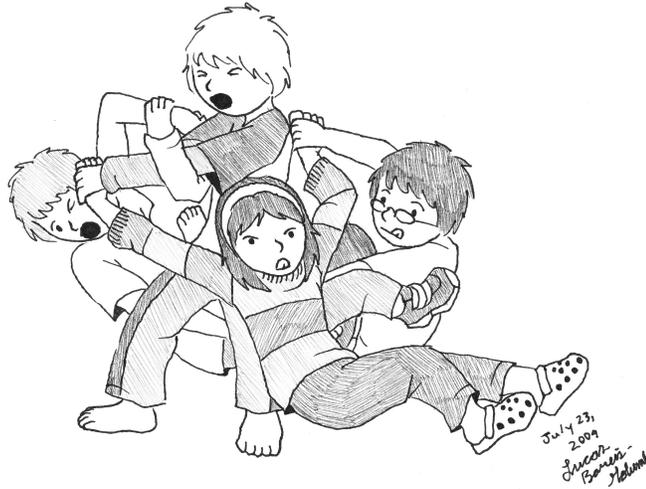
Cooperation/Trust

Objectives/Aims

By the end of this unit, your child will recognize that cooperation and trust are fundamental to the well-being of a community and essential for a community to run effectively.

Background for Parents

Trust and cooperation are two foundational ingredients of any healthy and thriving community. Without trust, one is constantly suspicious of others and preoccupied with looking out for one's own self interests. Without cooperation, one often expends more energy than is necessary, sometimes with less desirable results than if one had worked together with another.



Definitions:

trust - to implicitly believe that another will act in one's best interest

cooperation - working together to solve a common problem or task; putting the resolution of the problem above one's own pride and ego

Day 1

1. The students in the above picture appear to have a rather 'knotty' problem to untangle. The girl in the front of the human knot looks rather frustrated. List below all the ways you can think of that these students could cooperate to solve this problem and be happy while doing it:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

Day 2

1. Give your parents either a definition or an example of trust. Ask your parents what you do that helps them trust you. P.I. _____

Illustration

These two students seem to have learned a lesson from geese. I wonder what it is? The geese work together...

Day 3

1. Read out loud and discuss the following story with your parents. Which of these lessons could be used at home? P.I. _____

Note: This activity can take the place of one day of the reading portion of the homework.

LESSONS FROM GEESE

by Milton Olson, adapted by Angeles Arrien



FACT 1

When each goose flaps its wings it creates an "uplift" for the birds that follow. By flying in a "V" formation, the whole flock adds 71% greater flying range than if each bird flew alone.

LESSON

People who share a common direction and sense of community can get where they are going quicker and easier because they are traveling on the thrust of one another.

FACT 2

When a goose falls out of formation, it suddenly feels the drag and resistance of flying alone. It quickly moves back into formation to take advantage of the lifting power of the bird immediately in front of it.

LESSON

If we have as much sense as as geese, we stay in formation with those headed where we want to go. We are willing to accept their help and give our help to others.

FACT 3

When the lead goose tires, it rotates back into the formation and another goose flies to the point position.

LESSON

It pays to take turns doing the hard tasks and sharing leadership. As with geese, people are interdependent on each other's skills, capabilities and unique arrangements of gifts, talents or resources.

FACT 4

The geese flying in formation honk to encourage those up front to keep up their speed.

LESSON

We need to make sure our honking is encouraging. In groups where there is encouragement, the production is much greater. The power of encouragement (to stand by one's heart or core values and encourage the heart and core values of others) is the quality of honking we seek.

FACT 5

When a goose gets sick, wounded or shot down, two geese drop out of formation and follow it down to help and protect it. They stay with it until it dies or is able to fly again. Then, they launch out with another formation or catch up with the flock.

LESSON

If we have as much sense as geese, we will stand by each other in difficult times as well as when we are strong.