



Relationships | TEAM

Key Knowledge

Supporting Ourselves at Times of Change:

When we experience **change** we may feel lots of different emotions. Some of these may be comfortable and some may be uncomfortable. There are lots of things we can do to help ourselves to cope with and manage these changes. We can talk about our feelings, get enough sleep, make time for our hobbies and interests, eat well and drink enough water as well as ask any questions we have.

Positive Team Behaviours: When people work as a team there are certain **teamwork** skills that can help everyone feel included and help to collaborate and achieve the goal. These include communicating well with others and thinking about the **facial expressions** and **body language** that we use and that other people use. Successful **teamwork** can help people within the team to feel supported, accepted, valued and confident as well as many other comfortable feelings. This will help teams to be **resilient**.



Key Vocabulary

change:	When something becomes different.
resilient:	Trying again and continuing to persevere when we find something difficult.
positive:	Looking for the good in a situation and things that are going well rather than focusing on areas we find difficult.
opportunities:	Chances to do things.
mindset:	Our attitude towards something and how we feel about it.
teamwork:	Skills and ways of working that will benefit the team and the people in the team.
behaviour:	Our actions. The way we behave.
facial expressions:	When a person uses their face to show how they are feeling or what they want.
body language:	Gestures, movements or mannerisms used by a person or animal to show how they are feeling.
response:	The way we react to things that are happening around us.
considerate:	Thinking of others and how they might feel.
dispute:	A disagreement.
resolve:	To find a solution to a problem.
conflict:	An argument or disagreement between two or more people.
compromise:	Finding a way of working together where two or more people adapt their behaviour , actions or choices.
responsibility:	Tasks that we do to contribute or things we are in charge of.

Effects of Our Actions: When we work as a team, our actions have an effect on those around us. If we use **positive teamwork** skills, these effects will be **positive** and helpful. We can listen to others, share our ideas with kind words and calm voices, help others and encourage our teammates.



Being Considerate: By understanding how to read other people's **facial expressions** and **body language** we can understand the feelings and emotions of our teammates. This means that we can then show consideration for the feelings of others and express how we feel to those around us, allowing them to be **considerate** as well.

Resolving Disputes or Conflicts: Sometimes disagreements or **disputes** happen. When they do, there are lots of ways we can help to find a resolution. We can show empathy by thinking about how the other person feels, we can share our feelings and take turns in talking about how we feel, we can smile, we can listen to the other person, we can **change** or adapt our **behaviour** to try to find a **compromise** and we can be patient as these things can take time.



Responsibilities Within Our Team: Each person within a team has responsibilities. If they each fulfil these responsibilities, all the jobs and tasks within a team get done. We have responsibilities in every team we are part of. These might include things like listening, concentrating, trying our best, following rules, helping others, looking after our bodies and minds as best we can and taking care of our belongings.



Key Learning Points:

- listen to each other;
- **compromise** when we need to;
- use kind words and calm voices;
- explain how we feel about different situations;
- try our best;
- help others.

If we do this, our teams can achieve our shared goals and work collaboratively. This means people within our teams feel:

- listened to;
- valued;
- cared for;
- special;
- strong;
- confident.



To look at all the planning resources linked to the LKS2 TEAM unit, [click here](#)