

# teamwork

***This worksheet is a guide to promote discussion and thought about teamwork using Think-Feel-Be resources***

No matter what you do, there will always be times when you have to work with others, so teamwork is very important to in our lives.

What are some of the benefits of working with others in a team?

What are some challenges to working in a team or group?

What are some ways to overcome these challenges to help a team work well together?

Think of a team that you admire and what they do to help work together? (For example, sport teams, group project at school, medical staff in an operating theatre, workers at a restaurant or any other team).

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Think of a team that you have been in that worked well together and what helped this?

List one or two teams that you are involved with. What could you do in these teams to help them work well?

Choose 2 words from the Think-Feel-Be teamwork poster that you do well and think about what helps you do these things well.

Choose 2 words from the poster that you would like to improve in, and plan how you could improve in these areas.

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