

NEW MEXICO 4-H

Aggie Next Step

Teamwork Basics



Post Secondary Pathways



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Teamwork Basics

INTRODUCTION

Teamwork is an essential skill in both school and the workplace. It involves more than just working alongside others – it requires communication, collaboration, and understanding. In this lesson, participants will explore what effective teamwork looks like and the benefits of working well with others.

SET UP

Review lesson materials and determine which worksheets and handouts you will use for the lesson. Print enough pre/post assessments, worksheets, and handouts for each participant.

ACTIVITY

1. Have participants complete the *Pre-assessment*.
2. Create a brainstorming web on the board with “teamwork” in the middle. Fill in the web with participants answers.

Q: What does teamwork look like to you?

3. Follow up with this reflective writing activity. Ask: *If you could form a team to accomplish a goal with any five people in the world, who would you choose and why?* Give participants a few minutes to write down their five people and reasons. Encourage them to think about qualities like skills, experience, creativity, or communication style – not just fame and popularity.
4. Pair participants and have them share their list. Partners can ask follow-up questions: *Why did you pick this person? How would they contribute to the team?*
5. Debrief as a whole group by asking a few volunteers to share interesting choices. Highlight patterns, like the types of skills people value or how different personalities can complement each other.

Supplies

- Worksheets
- Handouts
- Pens/Pencils

OUTCOMES

Students will be able to:

- **Define** teamwork and identify its key characteristics
- **Recognize** the importance of communication and active listening
- **Describe** behaviors that contribute to a positive and effective team environment
- **Reflect** on personal experiences to identify strengths and areas for growth as a team member



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6. Distribute *Teamwork 101* and read through together. Discuss key points and encourage participants to share examples from their own experiences.
7. Introduce the next handout by saying: *One of the most important skills in a successful team is communication. But it's not just about talking – it's about listening, understanding, and responding in ways that build trust and respect.*
Distribute the *Communication Without Judgement* handout and discuss:
Q: How can these strategies help create a more cohesive and effective team?
Q: How would it feel if someone communicated this way with you?
8. Before distributing *Why Should You Work to be a Good Team Member?* Ask: *How do you think becoming a good teammate now will help you in the future?*
9. Pair participants and distribute the handout. Ask participants to reflect and discuss with their partner:
Q: Would you like to see these results in your life?
Q: What are you willing to do to achieve these goals?
13. *Exit Ticket* – depending on time, this can be done as a class discussion, or students can complete the worksheet in class, as homework, or in the following class.

14. Have participants complete *Post-assessment*.

WRAP UP

Teamwork is built on communication, respect, and trust. By practicing these skills and reflecting on your contributions, you can become a stronger, more effective team member in any setting.

LESSON EXTENSION

If time allows, use the *No-Hands Stack Cupping Challenge* to practice teamwork skills. This would be a great lesson extension or an introduction to this lesson. Note that you will need additional supplies for this activity.



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RESOURCES

NM Standards:

NM PED Standards: Career and Technical Education (CTE):

CTE 2.1.2: demonstrate use of the concepts, strategies, and systems to enhance communication in the workplace

CTE 2.1.9: Listen to and speak with diverse individuals to enhance communication skills

CTE 7.1.3: Employ teamwork skills to achieve collective goals

CTE 9.1.1: Identify and demonstrate the use of positive work behaviors and personal qualities needed to be employable

Common Career Technical Core (CCTC) Standards: Career Ready Practices (CRP):

CRP-1: Act as a responsible and contributing citizen and employee

CRP-4: Communicate clearly, effectively, and with reason

CRP-9: Model integrity, ethical leadership, and effective management

CRP-12: Work Productively in teams while using cultural/global competence

Optional ELA Alignment (Grades 6-12)

SL1: Participate in a range of conversations

Video Resources:

Note: Please preview all videos before showing them to students to ensure they are age-appropriate, relevant, and aligned with your classroom needs.

Teamwork Motivational Video

https://youtu.be/PpLPQVyxdkk?si=DXGf_qse5A1zfaUH

5 Tips for Effective Teamwork

https://youtu.be/n_UhsBZNADM?si=YO47MBmu7mrWUJBV

