



Healthy Habit: TEAMWORK

TEAMWORK - a group of people working together as a team or in the interests of a common cause.

LEARNING OBJECTIVES

Learn the importance of teamwork.

MATERIALS

- Relay race wands
- Final Mile Mileage Tracker (optional)
- Google Earth or an atlas (optional)
- Bulletin board paper

FITNESS EXPERIENCE

INTRODUCTION

Define teamwork. Ask students to describe their experiences with teamwork. Then inquire why they feel teamwork is important. Also, ask them for teamwork tips to help people work together as a team. Some teamwork tips include:

- *Set Goals*
- *Communicate*
- *Listen*
- *Trust Yourself and Team Members*
- *Be Positive*
- *Be Committed*

ACTIVITY

1. Explain to students that in order for Operation Smile to provide children with life changing surgeries on cleft lips and cleft palates, the organization must rely on the teamwork of many volunteers. For example doctors work together to ensure all surgeries are safe, nurses work together to help patients recover from surgery, and



students, like them, work together to spread awareness about the importance of Operation Smile and to help raise money to give others new smiles.

2. Ask students what they *are doing* or *could do* **together** to help each other focus on fitness, health and running miles, as well as, what *they are* doing or *could do* to help Operation Smile make a difference in the lives of children with facial deformities.
3. Explain to students that some of the activities they already do to help Operation Smile are done individually, while others are done together, as a team. Further elaborate, that over the next few months, students in the class (or school) are going to work together and collectively run enough miles to equal the distance from the city where their school is located, to Tegucigalpa, Honduras, the city where Wendy, last year's Operation Smile World Care patient lives. Also tell students that this year students in Tegucigalpa, Honduras are doing a Final Mile race on the exact day they are doing the Final Mile race in Virginia Beach, Virginia.
4. Work with students to identify the distance from the city where your school is located, to Tegucigalpa, Honduras. Suggestions include using Google Earth or an atlas as a reference. Tell students that each week you will check the amount of miles they have run, and add it to the collective distance meter. As a team, the students will collectively total their miles, in hopes of reaching Honduras!

Tip: Out of bulletin board paper, create a large distance that reflects the number of miles students in the school have run, and shows how much farther they have to run to reach the distance to Tegucigalpa. Post the distance meter in the school hallway. Tip 2: If the class or school has only a few students participating in the Final Mile, record the distance to a closer city, like one in Florida.



EVALUATION

1. Ask students to discuss challenges and successes they encountered as they work together to reach their goal of logging enough miles to reach Honduras or other location.

EXTENSION

1. Form fundraising teams comprised of 4 or 5 students.
2. Have students work together to come up with a team name, team logo (to put on a t-shirt, hat, etc.), and a team fundraising goal (remember, 1 smile = \$240).
3. Each group should brainstorm ways they will reach their fundraising goal, and record their ideas on the back of their *Final Mile Mileage Tracker*. Teams should share ideas with the rest of the class.
4. If the school participates in the Silly Shamrock competition, the winning team can dress the Silly Shamrock teacher as they wish.