



Week 2: Cooperative Games

Kindergarten

Objective: Students will work together in team-based activities such as parachute games and group relay races. They will focus on helping one another, sharing tasks, and achieving a common goal through communication and support. These experiences will enhance their cooperative play skills and emphasize the value of teamwork.

Instructions:

Parachute Games:

- Use a children's parachute (available online or at toy/education stores), or substitute with a flat bed sheet or light blanket if a parachute is unavailable.
- Have an open, flat area free from obstacles—indoor playrooms, lawns, or driveways work well.
- Ensure all participants (including siblings or adults) can comfortably stand around the parachute and grip the edge.
- Getting Started – Grip and Circle Formation
 - Ask each child to grab a spot along the edge of the parachute.
 - Emphasize keeping both hands on the parachute at all times.
 - Begin with a practice round: raise and lower the parachute slowly to get used to the feel of moving together.
- Parachute Waves
 - On your signal, have everyone gently shake the parachute up and down to make "waves."
 - Try big waves (lifting arms higher) and small waves (quick, shallow movements).
 - Ask questions: "Can you all make tiny waves together like ripples in water?"
- Popcorn Bounce
 - Place 3–5 light balls or soft beanbags in the center of the parachute.
 - On your count, have everyone start making big waves to bounce the items into the air like popcorn.
 - Goal: Keep the balls moving but not falling off!
- **Parachute Tent (Cooperation Challenge)**
 - Have everyone lift the parachute high overhead at the same time, then quickly crouch down and tuck the edge under their legs to trap air inside, creating a colorful "tent."
 - Enjoy a few quiet seconds inside together!

Group Races with Shared Objectives:

- Create a start and finish line using cones, tape, or visible household markers.
- Prepare props: bean bags, soft toys, plastic cups, or relay batons.

- Plan for 2–4 players minimum. If playing with one child, a parent or sibling should join as a teammate or race partner.
- Relay Pass Race
 - Line up in pairs or small teams.
 - The first player runs a short distance (5–10 feet) and passes a bean bag or baton to the next player, who continues.
 - Continue until all team members have had a turn.
- Balance Challenge Relay
 - Each child must carry a bean bag, cup, or toy on their head, shoulder, or spoon across the course without dropping it.
 - Teammates cheer them on and may help if something falls.
 - Optional rule: If the object drops, pause and place it back before continuing.
- Linked Races (Together We Move!)
 - Two players link arms or hold a pool noodle/stick between them and must walk the course *without letting go*.
 - This requires matching pace and communicating movement.
 - For more fun: Try it while balancing a ball between two players' shoulders!

Notes for Teachers:

Materials Needed:

- Parachute
- Cones or markers for boundaries
- Equipment for group races (e.g., bean bags, relay batons)

Preparation:

- Before beginning the cooperative games, prepare a safe and open play area—either indoors or outside—free of hard objects, furniture, or tripping hazards. If playing outdoors, check the surface for uneven ground or obstacles. Mark boundaries with cones, chalk, or visible household items like towels or pillows to define start and finish lines and ensure clear movement spaces.
- Next, gather your materials in advance to keep transitions smooth and engaging. You'll need a parachute (or a large bed sheet), bean bags, soft balls or toys, a music player (optional), and objects for relay props like plastic cups or spoons. Having these ready in one spot before the activity starts will help maintain your child's focus and energy throughout the session.
- Finally, take a few minutes to talk to your child about the theme of the day: working together as a team. Set the tone by reminding them that these games are not about being the fastest or best, but about helping each other, moving together, and cheering for teammates. Encourage them to listen to others, take turns, and celebrate everyone's efforts.

Tips:

- **Practice First, Then Play Together**

Before starting each activity, take one practice round to model the behavior or teamwork expected. For example, show how to hold the parachute gently or how to balance a bean bag. This helps children understand the goal and builds confidence before diving into the fun.

- **Encourage Verbal Support and Team Talk**

Use phrases like “Let’s do this together!” or “You’ve got this!” to model positive communication. Encourage your child to do the same—this builds both social-emotional skills and team spirit, even in small family groups.

- **Celebrate Cooperation Over Completion**

Applaud the moments when your child shares, helps a sibling, or patiently waits for their turn. Use those cooperative moments as your “win” of the day. A sticker, high-five, or simple “You were such a great teammate today!” goes a long way in reinforcing those behaviors.



Worksheet 1: Teamwork Talk!

Instructions:

Look at each sentence. If it shows good teamwork, circle **YES**. If it does not show teamwork, circle **NO**.

1. I helped my friend hold the parachute.

YES NO

2. I ran fast and didn't wait for my team.

YES NO

3. I cheered when my friend finished the race.

YES NO

4. I grabbed the ball from someone during the game.

YES NO

5. I asked if everyone was ready before we started.

YES NO

Now answer:

What is one way you were a good teammate today?

What is one thing you can do to help others tomorrow?



Worksheet 2: What Happened First?

Instructions:

Number the steps in the correct order (1, 2, 3) for each activity.

A. Parachute Tent Game

___ We all crouched down together.

___ We lifted the parachute high in the air.

___ We held the edge of the parachute.

B. Bean Bag Relay

___ I walked to the cone with the bean bag.

___ I passed the bean bag to the next player.

___ My team waited at the starting line.

Now answer:

Which game did you like better?

☐ Parachute Tent ☐ Relay Race

Why? _____



Worksheet 3: My Teamwork Report

Instructions:

Think about how you worked with others today. Then answer the questions below with help if needed.

1. Did you take turns during the games?

☐ Yes ☐ No ☐ A little bit

2. Did you listen to your teammates?

☐ Yes ☐ No ☐ Sometimes

3. Did your team work together well?

☐ Yes ☐ No ☐ Not always

4. What did your team do well today?

5. What could your team do better next time?

6. What did you enjoy most about playing together?
