

Lesson 29



Area: Be Agreeable

Title: Cooperation Wins

Objective: Students will learn ways to get what you want other than with force.

Materials: None

- Activity:**
1. Have the students choose a partner and sit across the table from one another clasping opposite hands with their elbows resting on the table. **DO NOT** use the term “arm wrestling” or any other term that denotes competition. State that the goal is to touch the back of their partner’s hand to the table as many times as they can in 30 seconds. Both members should count for themselves.
 2. After 30 seconds, ask them to stop and find out how many times they touched their partner’s hand to the table. (Most will have few points because they assume they were to “arm wrestle.”)
 3. Remind the students that the goal is to touch the back of their partner’s hand to the table as many times as they could. Ask why they got so few points. They will point out that their partner resisted their pushing. Ask the group if there is a way that both partners could get more points. The group should decide that if they cooperate and give no resistance, they could both get more points.
 4. Repeat the activity. Congratulate the students for their improved scores.

Closure: Ask the following questions:

1. “Why did you assume you had to resist in this activity?”
2. “Why do we feel that one person has to lose for the other to win?”
3. “Do we often resist when others use force to get you to do something?”
4. “If you had taken the time to think about the problem and talk about a solution, would you have done this activity differently?”

