

Peacemaker Tools Weekly Newsletter



Issue 2: Cooperative Games

Why play cooperative games?

Cooperative games focus on fun, participation, and challenge rather than defeating someone as in competitive games. We develop our communication skills, build trust, and learn to work together more effectively when we play cooperative games to achieve a common goal.



Relate

When we relate, we connect with others as we share our perspectives and experiences.

Let's Practice

Share with those that are with you what is one of your favorite games to play and why? Consider, is that a cooperative game or a competitive game?

Learn More



www.peacemakerresources.org

www.teachpeace.link/YouTubeChannel/

www.teachpeace.link/family_resources

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Regulate

When we regulate, we are able to think, listen, and identify our needs and feelings.

Let's Practice

Mindful Mirroring

Taking turns being the leader follow the leader's slow movements as if you are a mirror reflecting their movements. Video Here: www.teachpeace.link/mirror



Reason

When we reason we reflect, learn, gain understanding and develop strategies for problem solving.

Let's Practice

Moon Ball: Using a balloon or beach ball take turns hitting the ball to keep it off the ground. Set a goal for how many times you can hit the ball without it touching the ground. Brainstorm strategies to help reach your goal!

Spontaneous Story Telling: Collect 8-12 random household items and put them in a bag. Sit together and each player takes out two items. Take turns making up a story to connect the two items. The challenge is to make each person's story connect to make one collective story with all the objects.