**Tip Sheet**

Encouraging Children to Cooperate through Physical Activity

*Indicator: 2.2.e: Plan physical experiences that encourage cooperation between children*

## Cooperation is a skill children will use their entire lives. Here's 5 different ways to encourage children to work together with others and play cooperatively:

1. Take turns- find games that encourage turn taking- A game of “Tag” where children take turns being “it” for example
2. Encourage Free Play- Although there is a time for organized activities outside, children also benefit from free play experiences on playgrounds or with different gym materials where they can negotiate the complexities of joint undertakings
3. Play Cooperative Activities- Plan team games where children are encouraged to cheer eachother on and work together. Team obstacle races are a great way to get children working together!
4. Invite Community Members into the program to expose children to different gross motor activities that they can learn and explore with their peers- Martial Arts, Cheerleading
5. Bubble Play- Bubbles are a unique way build gross motor skills because you can’t predict where they are going to go. Kids can chase bubbles and try to pop as many as possible.

<https://www.care.com/c/stories/5226/how-to-encourage-cooperative-play-in-your-chi/>

<https://www.understood.org/en/learning-attention-issues/child-learning-disabilities/movement-coordination-issues/8-gross-motor-skills-activities-for-kids#slide-5>