

We Before Me

A Lesson on Being a Great Teammate



Adapted From
The Hard Hat by Jon Gordon

— *21 Ways to be a* —
GREAT TEAMMATE

- 1 Sweat More
- 2 Remember H2O > H2S (H2O does it better than evil acid)
- 3 Choose to be humble and hungry
- 4 Pursue excellence
- 5 Share positive contagious energy
- 6 Don't complain
- 7 Do it for your team, not for applause
- 8 Show you are committed
- 9 Never take a play-off
- 10 Hold yourself and your team accountable
- 11 Treat everyone with respect and expect everyone to do the same
- 12 Give all and take nothing
- 13 Communicate
- 14 Connect
- 15 Become a "come with me" teammate
- 16 Practice radical compassion
- 17 Show your care
- 18 Be a loyal friend
- 19 Love your team
- 20 Sacrifice
- 21 Leave the place better than you found it

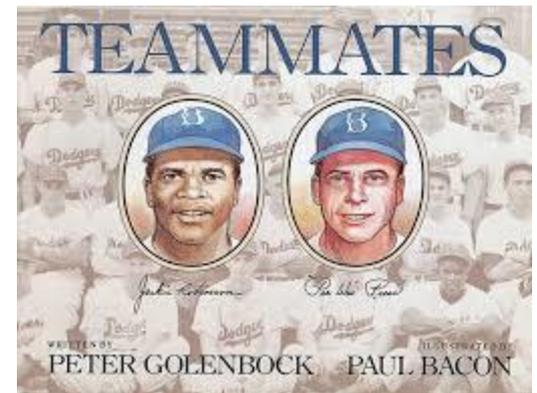
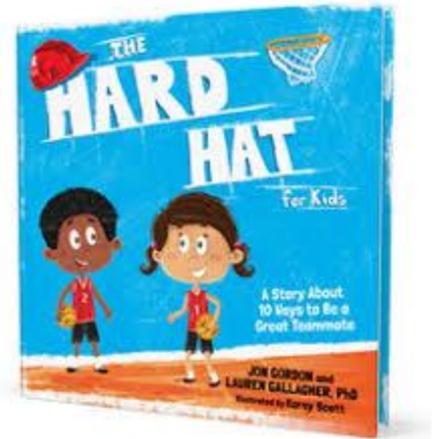


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is in a great mood,*

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You Are Invited to Be Part of the Team

1. What does the phrase “We Before Me” mean?
2. Why is it important to put “We Before Me” on a team?
3. Think about your day. How much time do you spend alone versus with others?
4. We will be discussing 10 ways to be a good teammate?
5. Why is it important to know these 10 different skills and what they look like



What is a Team?

Definition: Team: a group of people who work together.

1. Are teams only for sports?
2. What makes a group of people a team?
3. What makes being on a team so much fun?
4. How can playing on a team be challenging?
5. How is being on a team different than being by yourself?

Know Your Teammates

1. How do you begin to know someone who is new to you?
2. Why is it important to get to know someone?
3. How does it feel when someone knows your name?
4. Why is it important to know your teammates?

We Skills and Me Skills

1. Make a Smart Guess as to what “Me Skills” and “We Skills” mean?
2. What are some of these skills related to you team/ classroom?
3. Why is it important to develop your “Me Skills” when they are part of a team?
4. Why is it important to put “We before Me” on a team?

Work Hard:

Learning any skill requires hard work.

Each member of a team working hard to develop both their We and Me Skills for the team, makes the whole team better.

Encouraging students to focus on the process of achievement, such as working hard, rather than achievement itself will go a long way in instilling good work habits.

EFFORT:

A vigorous or determined attempt; hard physical or mental work.

Since effort is similar to working hard, we encourage you to discuss effort in relation to the energy and determination children put toward being a good teammate. When we make effort in developing teammate skills a focus, it gives every child, especially those who aren't as naturally gifted or academically successful an opportunity to shine and be leaders. When we focus on effort of this sort, we communicate the importance of being a good teammate and we inspire every student to work toward that goal.

BELIEVE:

To accept (something) as true; feel sure of the truth of; to have a firm or wholehearted conviction.

Belief in oneself, especially paired with a focus on hard work and effort, is the foundation for competence and confidence. Belief in others helps build solid relationships and friendships and encourages teammates to depend on one another. Believing in your team shows confidence and spreads positive energy throughout the team. There are so many avenues you can take with this one. Take it and run with it in any direction your team needs!

ENCOURAGE:

The act of giving support, confidence and hope to.

The importance learning what this looks like and how it is done, cannot be underestimated. There is specific language and specific behaviors, such as high-fives, that can be used to show encouragement and how to recognize when another individual needs support.

How does it feel when someone encourages them.

Encouragement goes a long way in creating and spreading positive energy on a team. Model and reinforce acts of encouragement as often as you can on your team, and you will surely begin to see a shift in how children are interacting with each other.

FRIEND:

A person who has a strong liking for and trust in another person: a person who helps or supports someone else.

Although it is not a requirement that all teammates be friends, it is expected that all teammates treat each other with the respect, encouragement, and all the other positive qualities befitting of a friend. When you are part of a team, creating a culture filled with “friendship qualities” ensures everyone respects and values the unique contribution each team member makes. Friendship can never be forced, but a culture where team members treat each other like friends creates a positive, fun environment where positive outcomes are more likely

OPTIMISM:

Hopefulness and confidence about the future or the successful outcome of something.

Optimism is a quality not everyone possesses naturally, but is one that can be cultivated and developed with consistent practice. Helping children find the positive in every situation and create positive, hopeful visions of the future is one of the most valuable tools we can impart. Simply learning to be hopeful and optimistic creates strength, perseverance, and determination, all qualities which successful teams possess.

RESPECT:

Admiration, politeness, honor, or care felt or shown for someone. Respect shows the ability to think and care about others. Teams with a culture of respect for themselves, their teammates, their opponents, their teachers, their coaches, and people in charge demonstrate they care more about the people they interact with.

ENERGY:

The strength and vitality required for sustained physical or mental activity. Energy is one of the most important elements for individuals and teams to be successful. Without energy, teams cannot function, let alone be successful. When team members learn they are capable of creating their own positive energy for their team through positive interactions and self-care practices such as sleep, healthy eating, and hydration, it empowers them and provides a distinct competitive edge.

MOTIVATE:

To stimulate (someone's) interest in or enthusiasm for doing something.

Teaching children they have the power to inspire and influence others around them is empowering. One of the most rewarding parts about being on a team is having this opportunity to raise other people up and to experience being raised up yourself. When you have teammates around you to motivate and inspire you, anything seems possible. Teams full of energy who motivate each other become a powerful force.

ENTHUSIASM:

Intense and eager enjoyment, interest, or approval; a feeling of energetic interest in a particular subject or activity and an eagerness to be involved. Enthusiasm is a natural manifestation of the love, passion, and positive energy for what one is doing. This outpouring of enthusiasm is contagious and leads to increased levels of energy and enthusiasm in others. When children learn to show enthusiasm for their teammates and their team and not just themselves, they begin to make the team the primary focus. Teams are the strongest when every team member decides to put the team first. “We Before Me” creates powerful teams!