

# MY LIFE-FIT HABITS WORKING IN GROUPS

## What are the benefits of **working in groups**?

Working in groups has the potential to be more productive, creative and motivating than working on your own.

Group work can allow you to:

- Tackle more complex problems than you could on your own
- Share diverse perspectives
- Pool knowledge and skills
- Receive social support and encouragement to take risks
- Develop new approaches to resolving differences

**G**ive thoughtful feedback  
**R**espect others  
**O**n task, all the time  
**U**se soft voices  
**P**articipate actively  
**S**tay with your group

## Try this Life-Fit **Group Work Challenge**

For your next group work task, try something new.

Choose a group to work with that you haven't worked with before. This will help you to learn new ideas and ways of working, whilst also making new friends!

Make an effort to learn one new thing about each person in the group.

## How can I make the most out of **working in groups**?

1. Set an agenda
2. Take notes
3. Assign tasks and deadlines
4. Make suggestions
5. Deal with problems as they arise
6. Swap contact details
7. Decide on specific roles
8. Share the conversations
9. Do not talk over each other
10. Listen to all ideas
11. Be a genuine contributor to your group

## Have a peek at these **funny** YouTube videos

Funny animals & Minions demonstrate teamwork <https://youtu.be/ZnjJpa1LBOY>  
Cute birds show good and bad teamwork examples [https://youtu.be/fUXdrI9ch\\_Q](https://youtu.be/fUXdrI9ch_Q)  
"Kid President" gives inspiring pep talk on teamwork <https://youtu.be/pWmxgYwcrLE>

## How to get extra help to **boost** your learning

Try our other tip sheets. Speak to your parents, your teachers, your counsellor or another important adult you trust.

Try these informational websites:

<https://www.kidsmatter.edu.au/mental-health-matters/belonging>  
<https://au.reachout.com/>  
<https://youthgroupgames.com.au/category/3/team-building/>

