



National
Farmers
Union

Co-op Curriculum

Grades 3-5

TABLE OF CONTENTS

LESSON 1:

WHAT IS TEAMWORK
AND HOW DOES IT MAKE
THE DREAM WORK?

(1 HOUR)

02

LESSON 2:

WHAT ARE COOPERATIVES
AND HOW DOES TEAMWORK
MAKE THEIR DREAM WORK?

(1 HOUR)

06

LESSON 3:

WHAT DO COOPERATIVES VALUE?*

(1 HOUR)

10

*Lesson 3 Note: The focus here is on the Cooperative Ethical Values of Honesty, Openness, Social Responsibility, and Caring for Others as this is more developmentally understandable for this age group than the full Cooperative Principles.

Visit www.rochdalepioneersmuseum.coop/about-us/the-rochdale-principles/ to learn more.

LESSON 1

What is teamwork and how does it make the dream work?

OBJECTIVE

Campers will understand the benefits of working as a team.

OUTLINE

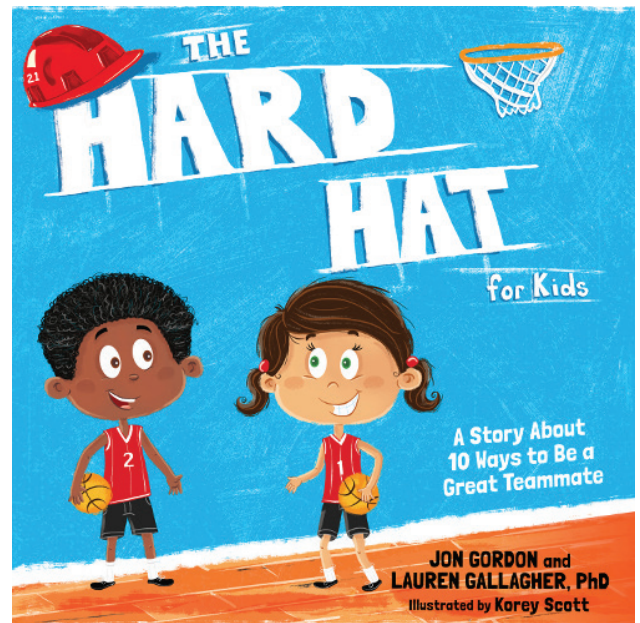
- Read and discuss “The Hard Hat”
(20 minutes)
- Transition into Small Groups
(5 minutes)
- Small Group Cooperation Games
(25 minutes)
- Whole Group/Small Group Debrief
(10 minutes)

MATERIALS

- *The Hard Hat (for kids)*
by Jon Gordon
- Cooperation Game Supplies
- “We Before Me” poster (optional)

PREPARATION

Set up stations ahead of time with the materials. Think about the size and amount of groups. Decide as counselors how long each group should be at a station and which direction the groups will rotate.



FLOW

1. Intro to teamwork and “The Hard Hat”

- Have whole group sitting together.
- Ask campers to think about a time when they have used teamwork.
- Have them talk about that with someone close by.
- After giving campers an opportunity to share with a partner, ask for hands to share out for the whole group. Look for examples of sports, in their family, at school, etc.
- Ask campers about the benefits of being on team. Look for responses about it being fun to work together, more people can get more done.
- Tell campers that a phrase they will hear a lot is “Teamwork Makes the Dream Work” What do they think that means?
- Ask campers if they know what makes a good teammate. Take one or two hands.
- Tell the campers that reading this book will help all of us understand how to be a good teammate at camp, school, on teams, and in our families.
- Read the text and stop and discuss at the following places:

End of pg. 9: What is Mickey so excited about? Why? Campers should share that she is excited about

the first day of basketball practice. She is excited because she loves basketball.

End of pg. 12: Why is the Hard Hat Award Special? It is a special award for people on the basketball team you can get for being the best teammate.

End of pg. 17: Why is Mickey upset? Is she being a good or bad teammate? How do you know? Mickey wants to keep playing because she is scoring a lot of points. She is being a bad teammate because she is complaining and not cheering on her team.

End of pg. 29: What do you think the phrase ‘We Before Me’ means? It means that the team is more important than one person.

End of pg. 35: Why did Jax give Mickey the Hard Hat Award? She helped him practice his shot and gave up her chance to be the star player and helped the team.

End of pg. 39: There are ten important ways to be a great teammate. You are going to get an opportunity to practice working together and being a good teammate in a moment. Pick one of these ten ways that you want to focus on during our games. Have a few campers share out what they are going to try and do during the games—“be respectful!” Could be a good idea to have a “We Before Me” poster so that the ten ways of being a great team is an easy reference for campers.

2. Transition into Small Groups for Cooperation Games

- Tell campers that they are going to practice being a good teammate while having fun playing games
- Let campers know that they will have a short time at each station and that they need to stay with their group
- Let campers know which direction they will be rotating
- Call campers by groups to go with their counselor to the first station

3. Small Group Cooperation Games

Have campers rotate through counselor-led stations. Depending on the size of the groups and the amount of stations, campers should spend 5-10 minutes at each station.

Human Knot

Have campers get in a circle. They have to reach out to someone across the circle and hold their hand, next they reach their other hand out and grab a different person's hand. This should create a knot. They must untangle themselves without letting go of each other's hands.

Silent Balloon Game

Fill a balloon with air, tell the group the goal of the game is to not let the balloon hit the ground. There are three rules to the game: 1. You can only tap the balloon (can't grab, hold, kick, etc.) 2. You cannot touch the balloon two times in a row (volleyball-style rules!) 3. You cannot TALK. The goal is to work as a team to keep the balloon in the air – counselor times it.

Ball in a Blanket

Have campers hold corners of a sheet and have them fling a volley ball beach ball in the air to see if they can work as a team to catch it. See how many times in a row they can catch the ball. You'll want to do this in a relatively flat area in case of accidental falling.

Arrange Yourselves

Have your group line up in order based on a specific topic like date of birth, height, distance they live from camp (older campers), etc.

Iceberg

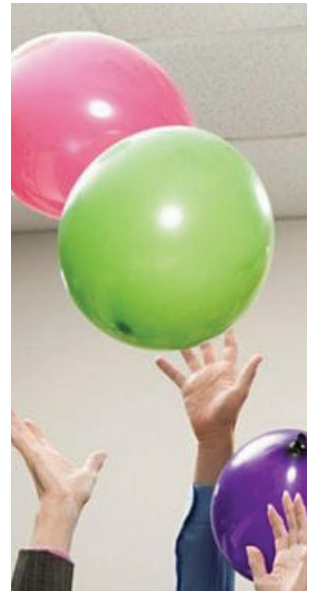
Have a big sheet that all campers in the group need to fit on without any part of them touching the grass. When they all fit, have them step off the sheet and fold it in half. Have them attempt to fit on the half sheet. Repeat. For an additional challenge, blindfold one camper. For safety purposes, don't let campers try and fit on each other's shoulders or backs. One adaptation for the game is saying that everyone has to be touching the sheet but don't have to have their entire body on it. As the sheet takes up less and less space, campers may come up with an idea to only put one foot on the sheet or one finger on the sheet.

Counting Game

Have campers circle up and tell them that they have to count by 1's up to 20 as a group. The only rules are that only one camper can say a number at a time, a camper can't say two numbers in a row, and if either of those rules are broken, they have to start over at 0. Have them skip count by 2's, 5's, 10, etc. if extra time.

Meter Stick Obstacle Course

Get a meter stick and tell your group that everyone has to help hold the stick but they can only use one finger to hold it. Then the group will go through an "obstacle course" you created ahead of time. If anyone lets go or if the meter stick drops to the ground, the group has to start over. Example: go around the tree three times, step over the cones, jump up in the air once, and walk backwards to the starting line. You can add time restrictions if you want to increase the difficulty.



4. Whole Group/Small Group Debrief

Depending on time, decide whether it is better to debrief the cooperation games as a whole group or in small groups.

Discuss any of the following questions:

- What went well in your group?
- How did you show people that you were a good teammate?
- What does it mean to cooperate with other people?
- How do you think being a good teammate would help you at a grown up job someday?

Wrap up by saying that we are going to be learning about businesses that really value teamwork and cooperation. The same teamwork skills they practiced today are exactly the type skills that make these businesses (cooperatives!!!) successful. In fact, their teamwork literally makes the dream (of having a thriving business and satisfied customers) work.



LESSON 2

WHAT ARE COOPERATIVES AND HOW DOES TEAMWORK MAKE THEIR DREAM WORK?

OBJECTIVE

Campers will use cooperative teamwork to accomplish a specific challenging task.

MATERIALS

- **National Cooperative Logos**
(service, marketing, purchasing)
- **For each group**
(no more than 5 campers per group)
 - Sturdy table
 - 1 marshmallow
 - 20 spaghetti noodles (uncooked)
 - 1 yard of tape (masking works best)
 - 1 yard of string
 - 1 pair of scissors
 - Enough marshmallows so that every camper can snack on one later (this discourages kids from eating the one marshmallow they have in their group)
 - Yardstick for measuring the project
 - A prize for the winning team
 - Timer (ideally visible to everyone but shouting out the remaining minutes as you go is fine)

OUTLINE

- **Cooperative Purpose and Logo Discussion**
(20 minutes)
- **Transition to Marshmallow Challenge**
(10 minutes)
- **Marshmallow Challenge**
(20 minutes)
- **Measurement and Debrief**
(10 minutes)

PREPARATION

Make sure camp staff has watched the Marshmallow Challenge video ahead of time—it is a bit of an abstract concept until you have done it a few times or seen it, so it will be easier to provide a reasonable amount of support if staff have a clear vision for how it should go. Ideally the Marshmallow Challenge should take place indoors because it is easier to keep track of materials and keep things organized. Make sure you have prepped enough materials for each group and that groups have enough space to work separate from other groups.

FLOW

1. Cooperative Purpose and Logo Discussion

- The intro part of the lesson can be done in small groups or whole group. Benefit of small group is it makes looking at the logos easier.
- Ask campers what they remember about teamwork from the previous lesson. What makes a good teammate?
- Let campers share some ideas.
- Let campers know that today they are going to have the opportunity to work as a team to achieve a specific goal.
- First they are going to learn about some special teams called cooperatives that work together for a special goal.
- Show visuals of national cooperative logos. Ask campers to share what they know about each cooperative. Push them to articulate what the purpose of each cooperative is. *Possible responses: Cenex is a gas station where people can get gas and food. Land-o-Lakes makes food for people to eat. REI is a store where people can buy the things they need. Welch's makes food for people to eat.* If campers are struggling to recognize the coops or articulate what their purpose is, you can scaffold by showing them pictures of a Cenex, the inside of an REI store, and food with Land-o-Lakes and Welch's logos. Campers should be able to make an inference at that point.
- Ask campers why they think these cooperatives make their products and have their stores. The goal here is for campers to recognize that cooperatives help their communities by helping people get what they need.
- If campers are struggling, have them imagine what would happen if there wasn't a Land-o-Lakes or a Cenex. *What would happen if there wasn't a Cenex gas station in someone's town? What would happen if there wasn't a Land-o-Lakes milk at the grocery store?*
- Have campers sum up the key takeaways: Cooperatives are formed when people need things: gas, food, a place to buy what they need. Cooperatives are groups of people of work together with the goal to help their community.

2. Transition to Marshmallow Challenge

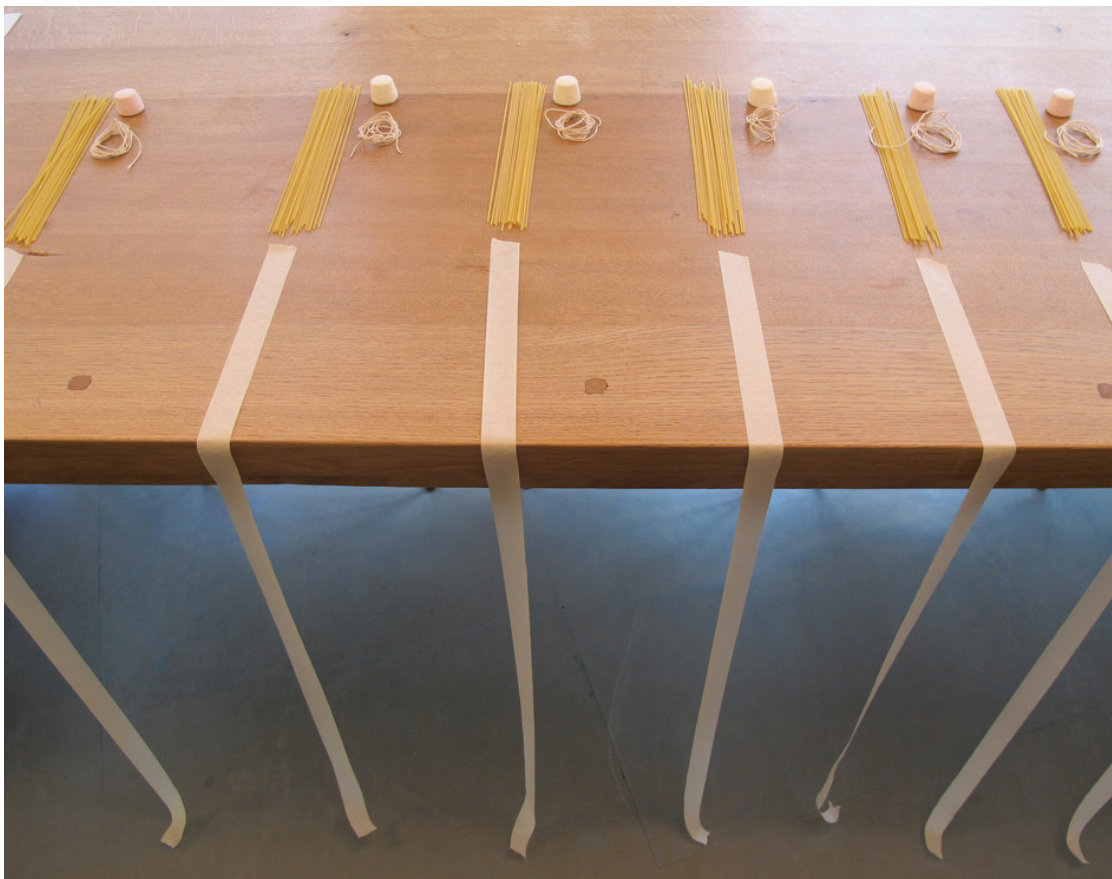
- Important to bring the whole group together for the rules and expectations for the challenge.
- Frame this challenge to the campers as an opportunity to work together like cooperatives do for a common goal.
- Explain the guidelines for the challenge. Take questions. Try to limit the amount of "what-if?" questions. Have campers remind each other about how to be a good teammate. Each group is building one thing, so they should be thinking ahead of time about how to communicate, take turns, and stay positive. Call campers by groups to go with their counselor to the first station
- Key expectations to keep in mind: campers must stay with their group and counselors should not take the lead in building the structures.

3. Marshmallow Challenge

Once campers are in place, start the 18 minute timer and make sure that counselors are there to support and encourage but not to do any of the work. Do time check-ins every 5 minutes or so.

Essential Rules of the Marshmallow Challenge:

- **Build the Tallest Freestanding Structure:** The winning team is the one that has the tallest structure measured from the tabletop surface to the top of the marshmallow. That means the structure cannot be suspended from a higher structure, like a chair, ceiling, or chandelier (This last point is important since there are so many chandeliers at campgrounds).
- **The Entire Marshmallow Must Be On Top:** The entire marshmallow needs to be on the top of the structure. Cutting or eating part of the marshmallow disqualifies the team.
- **Use as Much or as Little of the Kit:** Team can use as many or as few of the 20 spaghetti sticks, as much or as little of the tape.
- **Break up the Spaghetti, String or Tape:** Teams are free to break the spaghetti and to cut up the tape and string to create new structures.
- **The Challenge Lasts 18 minutes:** Teams cannot hold on to the structure when the time runs out. Those touching or supporting the structure at the end of the exercise will be disqualified.



4. Measurement and Debrief

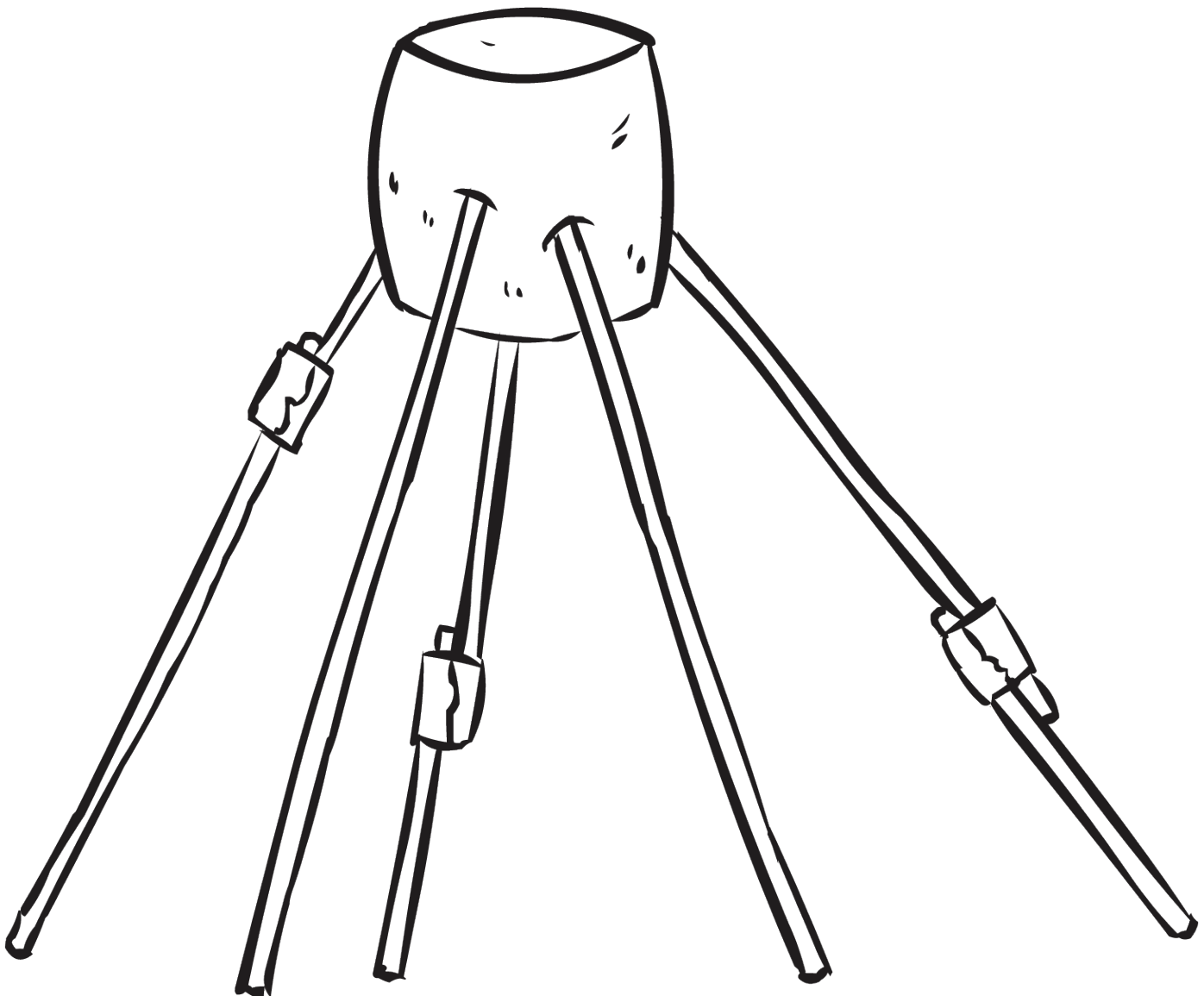
When the timer goes off, counselors are responsible for making sure campers step away from their structure. Some structures may tip over because they are not sturdy enough—that's okay and is a learning opportunity.

One leader should go around to each structure and measure it and declare a winner.

Debrief the experience:

- Did you have fun?
- What was easy? What was hard?
- Share about someone in your group who was being a good teammate. What did they do that showed teamwork and cooperation?
- How did teamwork make the dream work?

Wrap up: Clean up and make sure everyone gets a marshmallow to eat!



LESSON 3

WHAT DO COOPERATIVES VALUE?

OBJECTIVE

Campers will experience and demonstrate cooperative values.

MATERIALS

- *What if Everybody Did That?* by Ellen Javernick
- Markers
- Coloring Sheets
- Sheets of paper
- Something to write with
- Maze Sheet

OUTLINE

- **Values Intro**
(20 minutes)
- **Transition to Ethical Values Stations**
(5 minutes)
- **Ethical Values Stations**
(30 minutes)
- **Coloring Activity**
(15 minutes)



PREPARATION

Make sure coloring sheets are printed. Have the stations prepped and ready to go ahead of time for smooth transitions. The “Summer Snowball Fight” should happen in doors for easier clean up. Since there are only four stations, the groups are going to be bigger, so think through how the campers will be split up ahead of time. Should be able to have multiple counselors supervising at each station.

FLOW

1. Ethical Values Intro

- **Bring the whole group together.**
- Values are things we care about. Tell your neighbor about something you really care about.
- Take some volunteers to share.
- Tell campers that cooperative businesses like CHS and Land-O-Lakes and Farmers Cooperatives have things they really care about too!
- Cooperatives agree that there are some ways of behaving that are really important. The first one is
 - **Honesty:** What does it mean to be honest? Why is it good for kids and for cooperatives to be honest? Cooperatives are honest with their customers to build trust and because it's the right thing to do.
 - **Openness:** What does it mean to be behave in an open way? (This might be a challenging value to understand for younger campers so ask specific follow up questions: if someone who

looks different from you is playing alone on a playground, how should you treat them?). Being open means that you are willing to be yourself and willing to learn about others who are different from you. Cooperatives are open to letting anyone join, no matter if they are boys or girls, young or old, rich or poor.

- **Social Responsibility:** This means that you care about what happens in your community. What communities do you belong to? (Answers could be: city I live in, the school I go to, this camp, my sports team, community of farmers, etc.) Cooperatives care about their community too! They do projects like park clean ups and fundraisers.
- **Caring for Others:** Share an example of you showing care for others while you have been at camp? Cooperatives show care for others by making sure they have good food and good products for their customers.

Ethics

Ethics, also known as moral philosophy, is a defending, and recommending concept. The Greek word eth-

3. Ethical Values Stations

Honesty

“Face to Face” kids have to find a partner, counselor asks a question ranging from simple to complex and age appropriate. Starting with “talk about your favorite thing to do in the summer and why,” “would you rather be able to fly or breath underwater?” and finishing with “what is something in your school/community that you wish was better? Why?” Have campers share out and rotate partners.

Openness

Summer Snowball Fight! Give each camper a piece of paper and something to write with. DON’T tell them about the snowball fight yet. Give them two minutes to write down their answer to 2-3 questions on the paper. They don’t need to write their names on the paper. Types of questions can be dependent on the age level. Example:

- 1 cool fact about yourself
- 1 thing you like about camp
- Your favorite _____ (fill in the blank)

After everyone has had the chance to write their answers down, arrange the group in a circle, tell them to crumple up their paper, and let them know that they will have 1 minute for a “snowball fight” where they can toss the paper at one another. At the end of the minute they have to be pack in the circle with a piece of paper in their hand (not their original). This is supposed to be physical, fun, AND safe.

After a minute, get the group calmed down. Go around the circle and have campers read aloud the answers to the question on the paper they have and either have the group guess who wrote it down, or have the person who wrote it step forward.

Social Responsibility

Read “What if Everybody Did That?” Read all the way through the book and then have a conversation with your group about specific examples from the book like:

- **Littering:** What would happen if people just threw their trash everywhere?
- **Talking:** Why is it helpful for people to take turns to talk instead of all at once?
- **Cleaning up after ourselves:** How would camp be less nice if we didn’t clean up after ourselves?
- What can you say when you see someone not caring about their social responsibility? **What if everybody did that?**

Caring for Others

The Maze Game (with a larger group you may want to have two sheets prepared and split up). Basic rules is that there is a secret path through the maze that campers have to discover. They play silently and must take turns one at a time. They may only take one step at a time and the counselor confirms whether they are correct or not. If they are on the right path, they get to take another step. If they are wrong they go to the back of the line.



4. Coloring Activity

- After campers have gone through all stations, let them know that they get to do some art!
- They have two options: either coloring in the cooperative flag or the teamwork sheet.
- This should be a fun wrap up activity!

Red: Courage

Orange: The Vision of Possibilities

**Yellow: The Challenge That Green Has
Kindled**

Green: Growth of Membership

Light Blue: Need to Provide Education

**Dark Blue: Cooperation Can Help the
Less Fortunate**

Violet: Warmth, Beauty, Friendship

NAME: _____

TEAMWORK MAKES THE DREAM WORK

Draw a picture of you helping you team this week at camp.

Helping other is good because _____

I like being on a team because _____

INTERNATIONAL COOPERATIVE ALLIANCE FLAG

Each color contributes to the whole and symbolizes harmony and universal unity of all people.

This flag was used by the ICA from 1922 – 2001.

Red: Courage
Orange: The Vision of Possibilities
Yellow: The Challenge That Green Has Kindled
Green: Growth of Membership
Light Blue: Need to Provide Education
Dark Blue: Cooperation Can Help the Less Fortunate
Violet: Warmth, Beauty, Friendship





Welch's®



Touchstone Energy®
The power of human connections

