

# The Kindness Curriculum Educators notes

# Collaboration

Collaboration is essential in almost all aspects of life – in the playground; classroom; families and in every work environment! Collaboration is when a group of people come together and contribute their expertise for the benefit of a shared objective or project. Meaningful collaboration promotes the building of peer relationships, and enables people to understand different perspectives, and to give and receive feedback. Successful collaboration and team work requires communication (verbal, nonverbal, and written); active listening; social awareness, turn-taking; problem solving; respect and cooperative spirit.

Trust is also central to successful collaboration activities as peers take risks together. Online platforms provide people with opportunities to connect with peers locally and around the world extending types of collaboration and teamwork. The activities sourced and designed provide opportunities for people to engage in tasks that require them to work together as they tackle new concepts and build new understandings.

Research tells us that being kind in schools and workplaces creates a ripple effect building a positive culture, a sense of belonging, and wellbeing. Collaboration is one attribute affiliated with kindness! More and more contexts are making kindness a priority. Essentially, collaboration occurs when two or more people work together to produce or create something. This can happen either in person or virtually. Although like teamwork, collaborative engagement is not hierarchical – everyone has equal status!

Collaborative learning and activities can translate to a range of benefits:

- Stronger sense of context, culture, and community
- Development of higher-level thinking skills boosting confidence and self-esteem
- Boost team morale
- Collaborative analyses of information, data and research
- Sharing of knowledge and innovation
- Incorporates multiple viewpoints and perspectives building inclusivity
- Development and utilisation of strengths and skills of individuals
- Improvement of social and interpersonal skills
- Building trust

For many reasons (including technology and globalisation) the way we learn, and work is changing. Especially how we work together!



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A classroom is a miniature little universe, and an excellent space to instill practices that can help students throughout their adult lives. In the classroom collaboration can help students think more deeply and creatively about topics and develop more empathy considering others' perspectives.

As workplaces become more global and complex, activity has become increasingly team based and collaboration skills are essential. One study published in Harvard Business Review found that “the time spent by managers and employees in collaborative activities has ballooned by 50 percent or more” over the last two decades (Cross, Rebele & Grant, 2016). The same study found that at many companies, more than three-quarters of an employee's day is spent communicating with colleagues. In schools, homes and workplaces collaboration skills enable people to work toward commons.

## References

- Cross, R., Rebele, R. & Grant, A. (2016). Collaborative Overload: Too much teamwork exhausts employees and saps productivity. Here's how to avoid it, Harvard Review. Retrieved from <https://hbr.org/2016/01/collaborative-overload>



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