

# Tips for Teaming with C.A.R.E.S.

Consider these daily strategies for adults to strengthen connection, confidence, and care— and why it matters for themselves, their colleagues, and their students.



## Cooperation

Try This	Why it Matters
Start team projects by defining clear roles and responsibilities. Break down tasks and check in regularly. Consider what will make the collaboration smoother for everyone.	Clear communication and defined roles help everyone contribute effectively. This fosters teamwork, minimizes confusion, and reduces conflict. When students see adults model cooperation, they feel confident in working together.
Create effort-based goals for team projects (e.g., “We will collaborate by sharing ideas and actively listening”)—set time for reflection throughout to check progress.	Effort-based goals focus on learning and growing rather than just completing tasks. This keeps collaboration positive and encourages ongoing improvement for everyone involved.



## Assertiveness

Try This	Why it Matters
Pause before agreeing to anything. When someone asks you for something, take a moment to think: “Do I have the time and energy to commit?” Say no respectfully when needed.	Being able to set boundaries and make decisions with intention assertively teaches students to do the same. It helps create healthy, respectful relationships, both personally and professionally.
Think about a recent situation where you felt unsure about speaking up. Practice saying, “I need more time,” or “I’d like to clarify my thoughts before we move forward.”	Being assertive in communication helps reduce misunderstandings and ensures everyone’s voice is heard. When students see assertiveness modeled, it helps them advocate for themselves, too.



## Responsibility

Try This	Why it Matters
When you face a mistake or miscommunication, assess: “What’s my responsibility here? What action can I take to improve or resolve this?”	Owning your actions fosters accountability. This practice encourages self-reflection and helps you grow from challenges. It also shows students that mistakes are opportunities for growth and learning.
Recognize your role in any situation or decision. Reflect on how your actions contribute to the whole. This helps you stay accountable to yourself and the people you serve.	Responsibility is about taking ownership, even when it’s hard. By practicing it in small, everyday ways, you demonstrate the power of accountability to your students.



## Empathy

Try This	Why it Matters
When you hear someone share a different perspective, ask yourself: “What is it like to see the world through their eyes?” Practice asking open-ended questions to understand their point of view.	Empathy builds stronger relationships and deeper connections. Practicing perspective-taking encourages a more inclusive, understanding environment where everyone feels heard and valued.
Engage with varying viewpoints. Whether reading a new book, listening to different music, or exploring new ideas, practice stepping into another person’s world.	Exposure to other perspectives increases empathy, broadens understanding, and challenges biases. By embracing diversity, you teach your students the value of seeing the world through others’ eyes.



## Self Control

Try This	Why it Matters
Start your day with a few minutes of mindfulness—breathe deeply, center yourself, and plan how to respond to challenges today.	Practicing self-control builds emotional resilience. You set an example of regulating emotions in stressful situations, which is a vital life skill for teachers and students.
In moments of frustration, pause. Take a deep breath and assess: “What’s within my control in this situation?” Shift your focus to what you can manage in the moment.	Self-control isn’t just about resisting temptation; it’s about managing responses and being mindful of your actions. When you practice self-control, you model calm decision-making for your students.

