



# POINTS ARM WRESTLING

Competition is part of life, but we often make things competitive that don't need to be. Someone else's success doesn't mean our failure. Cooperation solves more problems and makes more people happy than competition.



## Steps:

Pair students off and to arm wrestle.

Tell them that each time their partner's hand touches the table they get one point (or sticker, or M&M, etc.). Give them one minute.

How many points did you get? How did you feel when you got points? How did people who got no points feel? Try again! This time, encourage students think about what you can do to get points. Give them one minute to arm wrestle again. Did anyone get more points than before?

Now ask the vital question: Why are you fighting each other? Did we say there's a winner in this game? What would happen if you worked together? Try it! Give them one more minute.

How many points did you each get this time? More than before? Sometimes life is like this- I want something and you want something different. And we think that we're competing, but it's possible that we can both win! Life isn't just about winning and figuring out how to get what we want. It's about helping others win and get what they want. It's about working together to make sure that everyone wins and gets what they need and want. Just because someone else wins doesn't mean you lose- not everything is a competition! We can all win if we work together! Empathy works to help us care about others as well as ourselves and work to make sure everyone is happy and everyone is a winner!