

Mindful Exploration

Virtues of Justice — Teamwork

Focus Question: How can learning to be part of a team help develop social skills that transfer to all aspects of life? Why is teamwork an important aspect of justice?

Teamwork is a strength of justice because it brings individuals together for a common cause. It cultivates social skills such as cooperation, patience, empathy, respect, tolerance and communication among others. In turn, these social skills create opportunities for stronger cooperation and collaboration. Moreover, teamwork offers individual growth opportunities to build confidence in oneself and trust in other people.

Listen to the testimony of the following individuals, Niddal El-Jabri, Jeppe Duvaas, and Mette Bentow, as they reflect on the efforts of thousands of people joining in solidarity—teamwork—for the support and wellbeing of the Jewish community in Denmark after an antisemitic terrorist attack there. Consider the social skills they noticed or exhibited and the possible benefits the participants of these efforts may have gained through their teamwork on behalf of others.

Day 1

Niddal El-Jabri



What about the actions of the community made the greatest impression on Niddal? Why?

What lesson can you take away from Niddal's observations that may help you develop your own teamwork skills?

Day 2

Jeppe Duvaas

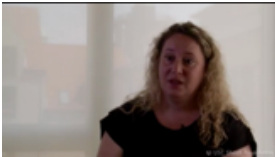


What about the actions of the community made the greatest impression on Jeppe? Why?

What lesson can you take away from Jeppe's observations that may help you develop your own teamwork skills?

Day 3

Mette Bentow



What about the actions of the community made the greatest impression on Mette? Why?

What lesson can you take away from Mette's testimony that may help you develop your own teamwork skills?

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Day 4

Final Reflection: Now that you have heard Niddal, Jeppe, and Mette share their experiences about the collective actions of their community to protect and heal after the terrorist attacks, reflect on how their stories relate to teamwork.

Then, consider your own teamwork abilities. What teamwork skill/s such as cooperation, patience, empathy, respect, tolerance and communication among others, do you have or would want to develop? How could it help you connect with others? How can you strengthen these skills to become an even stronger member of a team? What is one way you in which you may use this strength of teamwork to bring about positive change in yourself, your community or in the world?