

# Are You a Team Player?

"If love and agreement are manifest in a single family, that family will advance, become illumined and spiritual . . ." —'Abdu'l-Bahá

Are you a team player in your family? Take this quiz to find out.  
(If you don't have a sibling, think of a cousin or another relative.)

It's Friday night, and the crowd is roaring at your school's big game. You and your teammates have practiced and sharpened your skills. You've learned to listen to each other and cooperate with your strategies. Now it's game time!

Being in a family is like being on a team. It involves using peaceful skills, such as listening, giving encouragement, and having respect for each other.

But there may be times when you don't feel like a team player. It can be frustrating if your older brother gets to stay up late or your little sister doesn't know how to share. When there are conflicts, ask for a family huddle to express your feelings and consult about solutions.

When families work together like a team, everyone can win!



- 1 I focus on the good qualities in my siblings.  
Often=3 • Sometimes=2 • Rarely=1
- 2 I share my stuff with my family members.  
Often=3 • Sometimes=2 • Rarely=1
- 3 When I need a parent's attention, I ask instead of getting upset.  
Often=3 • Sometimes=2 • Rarely=1
- 4 If I'm angry with a sibling, I wait until I'm calm and then talk about it.  
Often=3 • Sometimes=2 • Rarely=1
- 5 I'm careful not to shove, hit, or physically hurt any family member.  
Often=3 • Sometimes=2 • Rarely=1
- 6 When a family member wants to talk or share news, I listen with respect.  
Often=3 • Sometimes=2 • Rarely=1
- 7 I understand that my parents may have different rules for me and for my siblings because of our different ages or other reasons.  
Often=3 • Sometimes=2 • Rarely=1
- 8 I focus on doing my best, instead of comparing myself to others.  
Often=3 • Sometimes=2 • Rarely=1
- 9 I cheer about my siblings' successes, like a good grade or winning a game.  
Often=3 • Sometimes=2 • Rarely=1
- 10 When I want to borrow something that doesn't belong to me, I ask first.  
Often=3 • Sometimes=2 • Rarely=1
- 11 I do my fair share of chores around the house without complaining.  
Often=3 • Sometimes=2 • Rarely=1
- 12 If my sibling doesn't want to be teased about something, I stop.  
Often=3 • Sometimes=2 • Rarely=1

## MY SCORE:

**36–28 points** You're an expert team player in your family! Your skills will help you throughout your life.

**27–19 points** You're on your way to victory. Exercise your teamwork muscles for even more success.

**18–12 points** Time for a practice session. Share some tips from the quiz with siblings to strengthen the family team.

