MODULE 3 · COOPERATION · OVERVIEW

Cooperation: module overview

A one-page guide to Module 3: what it covers, how its eight steps work and which worksheet to use at each point.

Read in 2 minutes

Notice how much of your life depends on cooperation, and ask what, and whom, you are really cooperating with.

Every meal you eat, every piece of clothing and every device you use depends on the work of many people you will never meet. Cooperation is how humans have survived, and it runs through daily life, mostly without our noticing.

This module asks you to look at that cooperation more consciously. Who and what do your money, time and attention support? Do those choices serve everyone, or only a few? And what would it take to shift your focus from "me" to "we"?

In this module you will

- Explore your own feelings about cooperation, including what draws you to it and what makes you hold back.
- Recognise how much everyday cooperation happens without a conscious choice.
- Consider whether your choices support the wellbeing of all or work against it.
- Commit to making one choice more consciously.

The eight steps and your worksheets

Steps	What you do	Worksheet
1–2	1. Your initial thoughts 2. Hear what others think	Your first thoughts Allow 10–15 minutes
3–5	3. Challenge your thinking 4. Your reaction 5. Explore the reactions of others	Reacting to the film Allow 15–20 minutes, plus the film
6–8	6. Your AHA moment 7. Hear the AHA of others 8. Let's do something!	Your AHA moment and commitment Allow 10–15 minutes

Go further: suggested activities

- **The story behind one object** (20 minutes)
- **Your "yes" list** (15 minutes)
- **From me to we** (15 minutes)

Watch the videos and read the full module at wyse-ngo.org/better-global-future/module-3-cooperation/.

A question to carry with you

Before you start: what do you most want to understand or explore in this module? Come back to it at the end.