GIANT SKIPPING ROPE

Experiential education





N° of pax 8-40



outdoors



group challenge | work



30-40 mins

PURPOSE

GROUP BUILDING

- low level of group challenge
- getting to know each other
- joy and movement

MATERIALS

- 1 rope 20 - 60 meters long (10 mm diameter)

PREPARATION

- Find a clear, grassy courtyard/field/meadow that is flat (no bumps, rocks and sticks) and dry to do the activity.
- The facilitator needs to have a partner who helps to turn the rope to create a giant skipping rope with big loops. Always turn the rope towards the direction where participants start so that participants never have to actually jump over the rope, only cross under it.
- When participants touch the rope, the facilitator has to immediately drop the rope so they don't get hooked, and thus the risk of tripping and falling on the ground is minimized.

INTRO

This activity is suitable to frame a course, especially the start and the end, thus you can use it as a symbol for entering into something new, a journey, and also to finish this learning journey together.

GIANT SKIPPING ROPE

STEPS

1. You can start by telling a story about an imaginary "Dimension Gate", a gate through which the participants enter into a different dimension. The facilitators show the gate by turning a long rope towards participants who are standing on one side of the rope, thus creating a giant skipping rope, like a skipping rope that children use - turning up and down at a slower rhythm - only it is a giant one.



2. (Level 1) The challenge to the group is that the participants have to cross under the turning loops without touching the rope: • If any of them touches the rope they all need to start all over again • they cannot walk/run under the rope closer than 1 meter to the rope handlers, they can use the central area only.

3. (Level 2) At this level, all previous rules apply plus one is added, that is: • they cannot miss a loop, if they miss one turn (e.g.: it is empty without anybody walking or running through) they need to start again.

4. (Level 3) For the final challenge the facilitators ask the participants a question, in order to empower the autonomy of the group: • what do you think, how many loops are needed to cross the rope with the whole group? • The ultimate answer is: only one - and this will be the final challenge, level 3 that includes all previous rules. • the rope needs to be stretched and long enough all the participants can get across in one single turn. • At this level it is advised to allow the group to experiment with a few turns and allow them to come to the conclusion through learning by doing that it is doable in one turn.

5. The facilitator gathers the group in a circle to share and reflect on the experience.

REFLECTION

- How satisfied are you with your team work?
- What would you highlight what went well during experimenting?
- How would you connect your findings to resilience?

COMMENTS

Variation: Use blindfolds on some of the participants to level up the experience, thus teammates can help blind ones walkthrough the "gate".