

STAYING

Connected

CHALLENGE (GOAL, OBJECTIVE):

To engage in group problem solving, communicate in new ways, and identify the importance of teamwork.

GROUP SIZE: 10-30 per facilitator

TIME: 15 - 30 minutes

EQUIPMENT: 7ft rope or hula hoop

SET UP:

Create a loop and tie the ends of the rope together in a secure knot to create a circle.

PROCEDURE AND RULES:

Have the participants stand in a circle. Place the loop of the rope over the arm of one of the participants; then have all participants hold hands. As a group, they must pass the circle of rope around the entire circle of participants without letting go of hands.

SAFETY AND CONCERNS:

- Be sure that participants are comfortable holding hands.
- Women or girls in skirts may find this awkward, especially if skirts are short. Use good judgment.
- High heels can be a safety concern; spot (be prepared to keep them safe should they fall) participants in heels.

VARIATIONS:

- Use two circles of rope; each one going in the opposite direction.
- Eliminate verbal communication.

DISCUSSION /DEBRIEF:

- What were some of the communication strategies used to accomplish the goal?
- If communication was eliminated, what strategies were involved to communicate with the team?
- What sort of roles were established on the team? Did it feel like a connected team?
- What element of teamwork was the most important for this goal to get accomplished?
- Was there ever a time that your team didn't feel connected on a goal? What could you take away from this exercise that could have helped your team during that time?