



Team Building Activity

Round the World – Rope Activity

SUPPLIES: 15-foot rope tied in a knot, or a Hula Hoop with a piece of duct tape for the starting point.

GROUP SIZE: Ideally 8 people per group, depending on length of rope, or size of Hula Hoop

Briefly explain how important it is that we surround ourselves with people who we admire, respect, trust, and treat us well. In other words, we are who we go around this world with.

INSTRUCTIONS:

Round 1 – Things can Go Right 😊

- Share how in life things can seem to go the RIGHT direction, especially if we are working with others that we trust.
- Instructions: Have the person whose hands are nearest the knot (or duct tape on a Hula Hoop) put that knot or duct tape in between their hands. They are now the STARTING POINT.
- When you say, “Go!”, the person with the knot (or duct tape) between their hands will start moving/sliding the rope (or Hula Hoop) to the RIGHT DIRECTION.
- The challenge is to go around 3 x’s as quickly as they can, and when finished you can have the team either hold their rope up above their head in celebration to indicate they are finished, or drop to the floor to demonstrate they are finished (dropping to the floor is fun for some student groups).

Round 2 – Things can Go Wrong 😞

- Share how even in life things can more often than not go a different direction than what we hoped for, even with people we trust on our team.
- To demonstrate this reality of life the team will move their rope (or Hula Hoop) to the LEFT 4 x’s.



- To keep the group honest, have the team say aloud each time their circle goes around (i.e., ONE, TWO, THREE, FOUR) and then have them hold their rope (or Hula Hoop) up in celebration, or drop to the floor to demonstrate they are finished.

Round 3 – Championship Round – Things can turnaround when we communicate and work together!

- Share how difficult circumstances can be turned around if we can properly communicate what we need, know what direction in life we want to go, and have people in our lives who are there help us along the way.
- To demonstrate this important life principle, have the team say aloud together which direction they are going. The team should start with going RIGHT, then change directions and go LEFT, and then change back to RIGHT and hold their rope (or Hula Hoop) up in celebration, or drop to floor to demonstrate they are finished.

Group Discussion Questions:

1. What do you think this activity is trying to teach you about working with other people?
2. What do you think this activity is trying to help you learn as an individual?
3. What are some ways of thinking and behaving that you would like to work on or change because of this learning?

Note: Having a prize for the winning team is not necessary, nor is playing energizing music during each round, but it can add to the experience for the groups.