



"Rope Puzzles"- Team Building

Theme: This activity is a great way to work on communication, problem-solving, & overcoming adversity.

Equipment needed: Blindfolds for each person and ropes that are 20-25 feet long. You will need one rope for each group of 5-7 people.

Instructions: Divide your group into groups of 5-7 people. Ask each group to select a leader and then ask each person to put on a blindfold. Once they are blindfolded explain that you have set a rope down in front of them and their task is to make a perfect square with the rope. The rules are that once they pick up the rope they can not let go of it. (They can slide along the rope but they can not let go of it to move to another place.) The exception to this rule is the leader that the group selects. The leader can let go of the rope and can move in and out of the group. Once the group thinks they have made a square they need to let the facilitator know they are done. The facilitator can either tell them they have been successful or ask them to continue to work to make a perfect square.

Notes:

1. It is important that you not put people into groups of four. If they are in groups of four it will be too easy to place a person in each corner.

Possible Debrief Questions:

1. What did you notice during this activity?
2. How did not having your sight impact this activity?
3. What did you have to do to be successful in this activity?
4. If you could do this again what would you do differently?
5. How does what you just experienced make us a better team or group?