

Flipping The Switch

Rope Forms

Spatial Requirements: Classroom with moderate space required

Activity Type: Group

Grades: 3-12

Group Size: 10 or more

Time: 10-15 minutes

Introduction: This large group activity is an active way to demonstrate the many ways we can choose to react when facing negative circumstances. Teams will coordinate through their feelings of frustration, helping them to identify the channeling of negative emotions as fuel to achieve positive goals.

Materials:

- 2 pieces of rope, long enough for half of your group to hold onto (this equals out to be about two feet for each student in the team)
- A blindfold for every student in your group

Activity:

Begin the activity by dividing your group into two teams. Have both teams circle around one piece of rope. Tell them not to handle the rope until the activity begins.

Explain to your students that you are going to call out a shape (such as circle, square, triangle, hexagon, etc.) and they are to form that shape out of the rope as fast as they can. The goal is to be the fastest team to complete the shape, and every student must hold the rope with both hands to make the shape.

When you are ready to begin, call out a shape. Students should rush to pick up their rope and form the shape with each team member holding a piece of the rope with both hands. Teams should call "Done!" when they complete their shape. After each round, have students place the rope back on the floor in the center of the circle.

After a few rounds, blindfold each student and ask them to complete the activity again, calling out a new shape. Remind them not to peek or cheat.

Processing the Experience:

- How well did your team work together before you were blindfolded?
- How did your team's strategy change after you were blindfolded?
- Did any of you feel frustrated during this activity? How did you handle your frustration?
- How did you react when you noticed other team members' frustration?
- What could have made your team more effective if you were to complete the blindfolded part of this activity again? (You may consider allowing one more try after this discussion.)