

All Tied Up



Equipment Required: Shoes laces, tracer rope strips or cloth strips or anything to tie participants together.

Space Required: Small. Can be delivered either indoors or outdoors.

Group Size: 4 to 12 ideally

Skills: Problem Solving, Teamwork and Communication

Brief Overview: In this fun team challenge, groups are required to work together to do complete a simple task. The problem is, that they are tied together by their wrists.

Instructions: Organize your group into an inward facing circle. Ask them to hold out their arms to the side and then tie them to both of their neighbor's wrists. The whole group should now be connected and "all tied up".

Next present a simple task for them to complete. Here are some ideas:

Tidy up the room

Pour a cup of water for everyone in the group

Write each other's names

Variation – Group Walk

Instead of tying the participants together by their wrists, tie them together by their ankles. Once they are connected, give them some simple commands to perform without falling over, such as: **(walk forwards, backwards, left and right.)** If they struggle, split the team into smaller teams or pairs and ask them to try again. Once they are successful, you can increase the size of the group and try again. Keep adding more team members until they can walk together without

falling over. If you're working with a very large group, it is a good idea to split them into smaller teams of no more than twelve before building up to a much larger group.

Discussion points:

- 1) Why were you successful (or unsuccessful) at completing the challenge?
- 2) How did having a time restriction help or hinder you from the completing the challenge?
- 3) Was everyone involved?
- 4) What happened when someone disagreed with the plan? Did you discuss it?
- 5) What was the purpose of the challenge?
- 6) Have you ever been in a situation when you've felt, 'tied up' when working with others? If yes, how did you overcome this?
- 7) What do you feel you took away from this task?

Hints for Coaches: Before starting the challenge, brief participants not to pull or drag each other as this can result in injuries (take care, especially when working with kids).

To increase the difficulty of the challenge, give your group a time limit or blindfold/mute a couple of participants.