

Rope work

3 steps to the activity realisation



Step 1 – preparation phase

The facilitator has the choice to decide whether to do this individually or in a small group. Consider the preferences, ease of collaboration, communication style, and the situation to decide. It could be used as a 'getting to know you' exercise.

Ideally this could take place outside or inside.

Prior to the activity, prepare by placing the rope on the ground.

Step 2 – activity phase

Place the rope on the ground and explain that the different ends of the rope express two poles or two extremes of thinking.

Describe the two poles so the learners understand what each of them means. For example: "the end nearest to me represents that I am fully in control. The other end represents that I am not at all in control." Explain to the learners that you could ask them questions about being in control and they could stand at a point on the rope that expresses their current position. For example: "do you feel in control of your time? Stand on the rope to show your response".

Ask a number of questions or statements they have to respond to around the concepts of the "Can-do Mindset". Feel free to add your own questions relevant to the individuals or group based on your knowledge of them. You might have to point out the different ends (positive and more negative ends of the rope) depending on the questions you ask. Make it clear that there are no right or wrong answers, and that they should place themselves on the rope scale that reflects their current reality.

Possible questions include:

- ✓ Are you a 'glass half full' or 'half empty' person? - (describe the ends of the rope relating to the two positions)
- ✓ How satisfied are you with your life story so far?
- ✓ How satisfied are you with your life at the moment?
- ✓ How resourceful are you?
- ✓ To what extent do you usually push out of your comfort zone to challenge yourself?
- ✓ Do you generally find a way to get out of a problem or a dead end situation?
- ✓ If you are going through a difficult period how much grit do you show?
- ✓ How supported do you feel from friends and family?



Type of activity:
Games

Value of the activity:

The aim of this activity is to provoke thinking and to make you reflect and voice your thoughts. The activity improves the ability to self-reflect in groups or individually.



Timing:

Preparation: 5 mins.
Implementation: 30-45 mins.
Checking learning progress: 15 min.



Activity follow-up: Information on the activity can be found here: <https://www.youthwork-practice.com/games/rope-games.html>

Other value case box components:

8ft (2 metre) long rope or 12ft (4 metre) if the group is large



Value quoted:

Ask a few questions as a warm up and then start to ask more questions about the position on their chosen position on the rope. Show interest and curiosity.

Step 3 – wrap up phase

To wrap up the activity, follow up with questions to allow self-reflection. For example:

(Name), I see you are at the end of the rope where you don't feel very hopeful or optimistic. Could you explain where that comes from?

(Name), I notice you are very resourceful from your placement on the rope. Can you give me an example of that?

(Name), you show you feel quite satisfied at the moment, so what more do you want to do and work on?

(Name), you indicate you don't feel much in control of your time. Why is that? Have you got any ideas how you could have more time for yourself? What are your best hopes in this area?

Your notes:

V ...

V ...

V ...

V ...

V ...

V ...