

The Ropes Course  
PARADIGM

## CHALLENGE, OBSERVE,

## PROCESS

### CREATING THE BASIC CHALLENGE

"He who wrestles with us, strengthens our nerves, and sharpens our skill. Our antagonist is our helper." *Edmund Burke*

*Theatrical performance model for facilitators (The Experience Economy)*

- Street
- Platform
- Improv
- Matching

*Adventure Activities Categories (Roger Caillois, psycho-anthropologist)*

- Competition
- Chance
- Vertigo
- Mimicry

- **Front-loading (esp. safety)**
- **Sequencing**
- **Consequences**
- **Rapport**

### SOME OBSERVATIONAL TECHNIQUES

"It is, however only after experience has been thus determined that the search for an operational definition or a pure observation-language can begin." *Thomas Kuhn*

- Auditory, Visual, Kinesthetic
- Statistics
- Note Taking
- Emic vs. Etic
- Agency & Choice
- Fear & Failure
- The power of three
- Inductive vs. Deductive
- Idealist vs. Materialist
- Descriptive vs. Prescriptive
- Autotelic "FLOW"

**PROCESSING PARADIGMS**

When processing, we **organize** information to prepare, treat, or convert the self. Always give participants the first opportunity to organize the information.

- Story telling
- Economical
- Political
- Empathic
- Environment
- Paradigmatic - "World view"
- Cognitive - Knowledge & Self
- Sociological - Anthropological
- Religious - Ethics & Morals
- Nature vs. Nurture
- Neurological & Linguistic
- Rhetorical - Philosophy

**LEARNING MODELS**

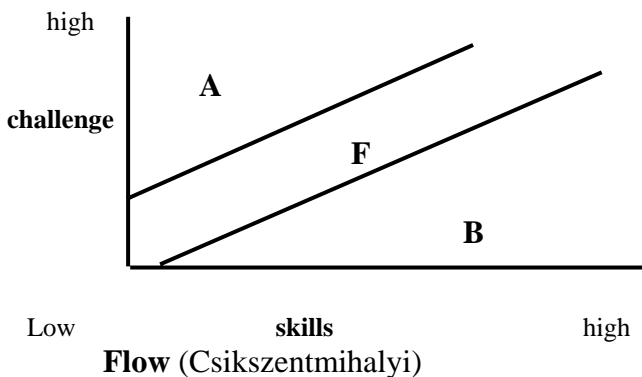
**THERAPEUTIC RECREATION MODEL**



**GROUP FORMATION -See Team Building handout**

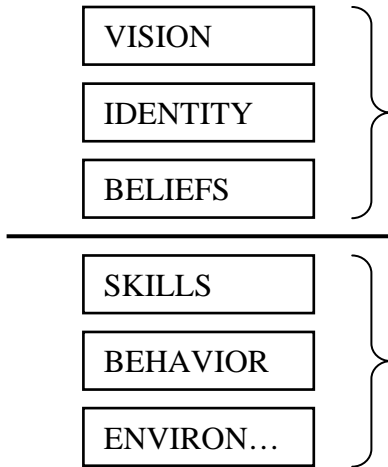
(Adapted from Gerald Corey's, Theory & Practice of Group Counseling).

FORMATION	(I or Me)	} (Napier & Mattier)
ORIENTATION & EXPLORATION	(Personal skills)	
TRANSITION	(We or Us)	
COHESION & PRODUCTIVITY	(Group task)	
CONSOLIDATION & DETERMINATION	(Possibilities)	

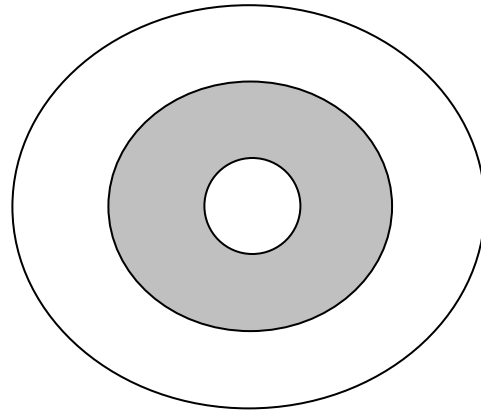


# ADVENTURE LEADERSHIP

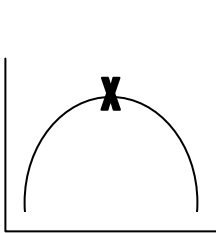
Consulting group



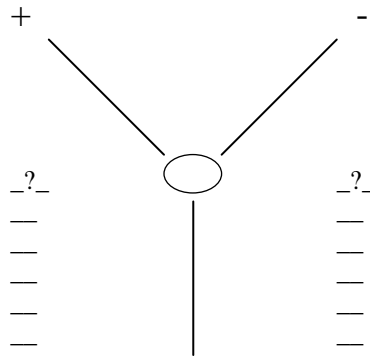
Change Levels  
(Dilts)



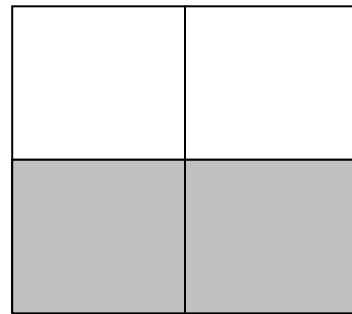
Comfort Zones



Optimal Learning  
X = peak arousal



Action - Results  
(Tom Heck)



Educate & Share Knowledge  
Window of Opportunity  
(Luft & Ingham)

1 1 1 1 1

F F

3 Things that all Groups need  
(J&J, Blanchard)

- T \_\_\_\_\_
- G \_\_\_\_\_
- R \_\_\_\_\_

The Big Three  
(Dececca)

- What \_\_\_\_\_
- How \_\_\_\_\_
- How \_\_\_\_\_

Does this Stuff Really Work?  
(Wagner)

1. Managers
2. Gender
3. Facilitator

Three For The Road  
(Bob Pike)

"I've talked a lot today -you can only retain three of those things."

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## GAMES DESCRIPTIONS

### **Traffic Jam**

Note: give consequences and limitations as needed.

Goal: Of two teams, each will end up where the other started.

Objective: Both teams work together within the stated rules.

Rules:

1. Lay out place markers in a semi-circle.
2. Each participant begins by standing behind markers.
3. Any move can only be made into an unoccupied space.
4. At any given time there is only one of two kinds of moves to make; a move sideways to an adjacent space, or A jump around an adjacent space but not more than one.
5. Participants move one at a time.
6. Forward moves only (no backward moves.)
7. If participants get stuck they must begin again.

### **Screaming Vikings**

Have group stand in a circle, with enough room to move around a bit. One person is “it,” called the Viking. When the person is acting as the Viking, he/she must put his/her hands on the sides of his/her head, similar to the teasing “nee-ner, nee-ner” that kids do. The sound the Viking makes is a loud, high pitched “leh-leh-leh-leh-leh” sound. While the Viking is making these sounds and actions, one person on each side of the Viking are called the Rowers, who are rowing the fierce Viking ship. Each rower makes the action of rowing a boat. If a Rower is on the left of the Viking, they row on their left side, if they’re on the right, they row on their right side. While rowing they scream a loud “Aaaaahhhhhhhhhhhhh.” The Rowers will row and scream the whole time the Viking is screaming and wiggling his/her hands. When the Viking decides to pass “it” to another person, the Viking claps his/her outstretched hands in front of himself/herself and points with the hands to the person they want to be the next Viking. Then that new person proceeds to make the Viking actions and the two people on the sides become the new Rowers. If the people don’t respond in a reasonable time or they confuse the sounds and actions, they’re out. The point of the game is to get everyone out of the circle except two people, who are the winners. As skill levels increase, the speed of the game will go faster, increasing the challenge and hopefully the fun.

## GAME RESOURCES ON THE WEB

[http://www.geocities.com/dr\\_adventure/activitypage.html](http://www.geocities.com/dr_adventure/activitypage.html)

[http://sitemaker.umich.edu/adventuretherapy/activities\\_and\\_games](http://sitemaker.umich.edu/adventuretherapy/activities_and_games)

<http://www.teamworkandteamplay.com/raccooncircles.html>

<http://www.boomwackers.com> or look up "50 ways to use your noodle"