

ROPE KNOT RACE

Items Needed: A long rope, a stopwatch

Take a long rope and tie the ends together securely to create a large circle. Form a circle with each person holding onto the rope with both hands. Pass the rope with the knot around the circle by having group members slide their hands along the rope. When the knot comes to each person, have them share something about themselves.

Once the knot has gone all the way around the circle, ask the group how fast they think they can pass the knot completely around the circle. Have the group decide on a time, then have them attempt to pass the knot around as fast as they can while you time it. This may be done more than once to try to beat their time.

DISCUSSION IDEAS:

1. How hard was it to decide on a time estimate? How did the group decide on a time? Was teamwork involved?
2. Did you think the first round went well? Why or why not?
3. Did you want to change your goal time? Why or why not?
4. Did your team work together to beat your time? Why or why not?
5. Do you often compete against yourself? Why or why not? Is this good or bad?

