



Name: _____ #: _____

Teambuilding with Your Peers & Family Vision-Blocked Shapes

Estimated Time: 20 – 30 minutes

Age range: All grades

What you need: approximately 30ft of rope (or string/yarn), bandanas or something to cover each participant's eyes, 3 or more participants

Background Information:

Discuss the following prompts with your group. Feel free to write down your answers!

Consider the following questions:

Name one team that you've been a part of outside of this activity.

What are some of the ways that you communicated well with the members of that team?

Today you'll be working with a small team to try and complete a task together using your communication skills. Gather the materials listed above and get ready to begin! The task you'll be trying to accomplish is creating different shapes using a length of rope, without looking! In order to accomplish this, you'll be vision-blocked with a bandana or other item to cover your eyes so that you can't see.

It is important to consider the comfortability levels of all participants prior to vision-blocking them.

See the instructions on the next page to get started.

Vision-Blocked Shapes Activity

Instructions:

1. Before you begin this challenge, agree on a shape that you'd like to create as a team. Choose any shape that you'd like, but a good place to start is with a triangle, circle, or square. If you'd like a bigger challenge, here are some additional ideas: a banana, California, Nevada, a heart shape, a 5 point star, or a lightning bolt.
2. Once you've decided on a shape, find a large space without furniture, or an open space outside, that can be used to complete this challenge. Lay the length of rope down on the ground and have each member of your team choose a spot to stand next to it. Make sure that everyone is on the same side of the rope.
3. Once everyone is positioned, put on your vision blockers. Be sure that no one can peek out from under the bottom of their bandana or beanie!
4. When all the vision blockers are on, everyone should reach down and pick up the rope with both hands. Hold on with your palms facing down, knuckles facing up—like you're riding a bike! Once you've picked up the rope, you may not take your hands off the rope until the shape is complete. The only way that you can move on the rope is to slide your hands.
5. Once everyone is ready, try to make the shape that your team agreed on! Be sure to not peek, or lift your hands off the rope.
6. When everyone feels good about the shape you all have created, lower the rope to the ground and take your vision blockers off to see how you did.
7. Spend some time discussing the questions below with your team, and then come up with another shape to create!
8. Discuss a strategy for creating your new shape, and try the challenge again.



You may also tie the ends of the rope together to create a circle if your team is finding it difficult to create a shape with the rope untied. Try both versions if you'd like.



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Vision-Blocked Shapes Debrief

Use the following prompts to discuss your experiences with your team. Feel free to write down your answers!

Consider the following questions:

Did the shape look like what you thought it would? Were you surprised?

What were some challenges that came up during this activity? How did you overcome those challenges?

How do you think your communication would have been different if you had been able to see?

What would you do differently next time to make your experiences more successful?
