

*Teamwork Activity*  
*Rising Stars Level*  
**Team Rope Wrangling**

**Activity:** Your team must work together to form different shapes from a rope.

**Time:** 20 – 25 minutes

**Set-up and Materials:** Open floor space, 12 – 15 feet of rope, list of shapes.

**Procedure:**

**Part 1** (~5 minutes)

1. The Team Manager will say the name of a shape from the Basic Shapes List.
2. The Team will make that shape with the rope on the floor. Each team member should be helping to shape the rope.
3. Repeat 1 & 2 for as many shapes as possible before time is up.

**Part 2** (~10 minutes)

1. The Team Manager will say one number, 0 – 9.
2. The Team will make that number with the rope in the air (i.e. “hanging”). Each team member should be holding some part of the rope. Ideally, the rope doesn’t touch the floor.
3. Repeat 1 & 2 above for each number.

**Part 3** (~10 minutes)

1. The Team Manager will say the first letter of a team member’s name.
2. The Team will make that letter with the rope on the floor.
3. Once the letter is formed, the team must pick it up and hold it in the air (maintaining the shape). Each team member should be holding at least one part of the rope.
4. Repeat 1, 2, & 3 above for all unique first letters of team members’ names, then for other shapes (see list) and/or the rest of the alphabet as time permits.

## **Team Rope Wrangling** *Rising Stars Level*

### **Basic Shapes (Part 1)**

|        |          |
|--------|----------|
| Square | Triangle |
| Circle | Cup      |
| Star   | Heart    |
| Spoon  | Smile    |

### **More Shapes (Part 3)**

|                     |            |
|---------------------|------------|
| Leaf                | House      |
| Flower              | Shoe       |
| Fish                | Sunglasses |
| Teapot              | Jeans      |
| Hexagon (Stop sign) | Crayon     |
| Snake               | Bird       |

Note: This activity is intended to give teams practice in making decisions and implementing team decisions/ideas cooperatively. Team managers should encourage participation by all team members.

Optional Variation: After the team has formed the shape on the floor or in the air, have them spin it around while maintaining the shape.