



Rope walk

Be brave and test your senses on this adventurous trail.



You will learn

To be courageous

Be able to face your fears, overcome worries, and not back down.

To try new things

Find it easier to meet new people, go to new places, and do new things.

You will need:

- rope
- natural materials (for example, leaves, twigs, feathers)
- blindfolds
- anything to make obstacles

Before you begin

- Set a trail at least 30 metres long, with objects spaced out along the course.
- Tie ropes to mark out the trail, leading to the objects. Try changing the height of the rope for variation.



Blindfolds on

- 1 The person leading the activity should explain that everyone will have a go at exploring the rope trail with a blindfold on. They will be interacting with the different objects that they find. They must not let go of the rope, but they can take as long as they need to fully explore.
- 2 The person leading the activity should make sure everyone completes the activity in silence.
- 3 Decide how many people can safely be on the trail at once. The first participants should put on blindfolds and go to the start of the course.
- 4 Set the participants going along the trail, ensuring that there is space between each of them.
- 5 Once at the end of the course, participants can remove their blindfold. Repeat until everyone has had a go.
- 6 Bring everyone back together to talk about the experience. You could do this as one large group, in small groups or in pairs. What did everyone feel along the way?





- 7 Redo the trail but this time with eyes open.
- 8 Discuss where it felt different - did they notice anything different this time? Which version did they enjoy the best?

Fox walking

- 1 Explain that walking is a 'controlled fall'. We commit our weight before we put our foot to the ground.
- 2 Everyone should take off their shoes and socks and practice fox walking. Put your weight on one foot, slowly lifting the other foot off the ground and bringing the knee higher than usual with the foot hanging relaxed.
- 3 Lower the foot to meet the ground naturally without placing any initial weight on it. Encourage the group to think of how a fox can silently walk.
- 4 Talk about two ways of walking and why fox walking is better when we are going barefoot.

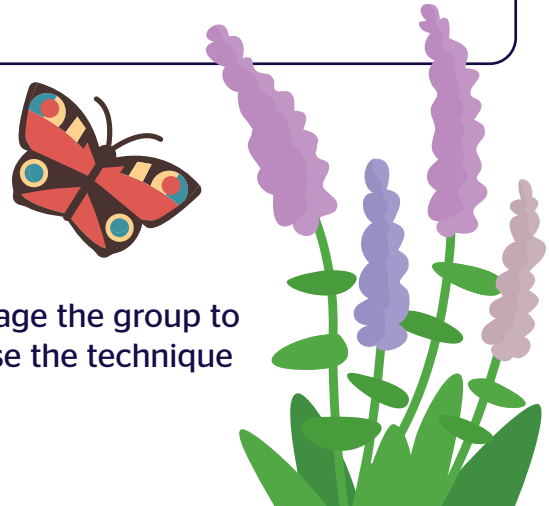


Reflection

Time	Activity
5 minutes	<p>This activity was all about trying new things and being courageous. When you were blindfolded during this activity, you had to use all your senses, including your sense of balance and awareness of your own body.</p> <p>Did you find this part of the activity easy or difficult? What was it like to not have your sense of sight? How did you feel? In the second part of the activity, you took off your blindfold and did the trail again. When you could see where you were going, how was it different? What did you notice?</p>



Change the level of challenge



If possible, according to age, ability and site safety, encourage the group to try this trail barefoot. If the group does do this barefoot, use the technique known as fox walking explained above.