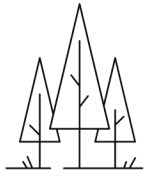


Turnstyles



No Child Left Inside Activities | Bryn Lottig

A quick and easy energizer to learn names while challenging a group

PREP:

You will need a long heavy jump rope, 30–75 feet, an assistant to turn the rope with you, and open space!

Safety Considerations:

- People could get bonked on the head or in the face by the heavy rope.
- People could trip on the rope and land in a number of uncomfortable positions.

Step-by-Step Instructions for PLAY:

Steps:

- Have all the participants stand on one side of the length of the rope in a large group.
- State the task/objective, which is for the entire group to cross from one side to the other without breaking any of the rules.
- Inform the participants that at each time the group attempts the challenge, you will start turning the rope before they attempt.
- State that if a rule is broken, everyone must go back and start over.

Rules:

- You may not trip up the rope.
- You may not go behind the rope turners.
- **Level 1:** get the entire team from one side to other other without stopping the rope
- **Level 2:** each participant must jump over the rope 1 time (not just run through)
- **Level 3:** Someone must be going through the rope, or in it, at all times.

Reflect:

- What challenges came during the activity?
- Were the participants able to cross without breaking the rules?

Connect:

- Why did other participants get frustrated?
- How is what happened similar to other events in our lives?

Grow:

- How can we apply this knowledge to help people with extra challenges in life?
- How can this experience make a difference in our lives in the future?

Variations:

Offer additional challenges:

- Two or more people pass through, remaining physically in contact, before entering and until they exit the turnstile
- Enter and exit backwards, skipping, or singing a show tune or reciting a favorite poem
- Designate a set number of people passing through in a given length of time, the number of people going through simultaneously, or offer the participants to design their own challenge!