OUTWARD BOUND ROMANIA

WALKING THE LINE

Outward Bound Romania



N° of pax 7-14 group

outdoors

90 mins

Individual and group challenge

PURPOSE

- Developing trust in yourself and others
- Developing self-esteem
- Learning how to ask/accept help

MATERIALS

- a slackline
- a harness
- 6 shorter ropes (around 4 meters each)
- helmets for all participants

PREPARATION

Tide the 8-10 meters long slackline between two strong trees at a height of 40-50 cm. Make sure the ground around the slackline is free of obstacles and even. This is an activity which requires lots of trust among the participants, so it is a good idea to warm up with smaller trust activities in pairs and in the group.

The person walking the line needs to wear a harness and the whole group needs to wear helmets, so it is important to present the safety equipment and teach the participants how it is properly used.

WALKING THE LINE

INTRO

We walk a fine line in our life, we can do a lot of things on our own, but in a lot of cases we need to work together with others and trust them. This activity can be a nice metaphor of doing your task, but depending on the others as well. Communicating your needs is also a very important part of this activity.

STEPS

The person walking the line is dressed with the harness and 6 other participants are holding tight the ropes hanging from the harness at a distance of at least 2 meters. The person steps on the slackline at the starting tree and has to walk along the line to the other end without holding onto anything, but being held by the other 6 participants with the ropes. During the crossing, the person on the line can give direction to others, in order to tighten the ropes.
All participants walk the line one by one, being supported by the others.

REFLECTION

- What did you find out about yourself during this activity?
- What are your needs when asking for help?
- What kind of behaviors, actions support you in difficult situations?

COMMENTS

For some participants stepping up to the line is also a challenge, not everybody might be able to cross. The level of challenge they accept can be also a theme for discussion and the comfort zone model could help in debriefing this activity.