

The Wave

30' rope

Tell the youth that you are going to test their unity by having them pick up the rope and forming a circle – have one person hold both ends. Have everyone pull back on their part of the rope to test unity. (The person holding the ends of the rope should not be able to hold the rope together. IF they can hold it together, ask them how they felt being the only one trying to keep everyone together.) Ask them what they can do to strengthen that group unity. (Tying the ends of the rope together should be a suggestion). Tie one end of the rope in a knot around the other end. Let everyone pull again. (The rope should slip out). Ask again what ways they can strengthen the circle unity. (Tying a knot at both ends is the answer to look for—so the rope won't slip out). Have everyone pull again – it should hold.

Discussion:

- What helped us stay unified? Why is unity important?
- How did you feel when the rope came undone? How did you feel when the rope stayed together?
- What are some things that we should “tie” ourselves to?
- What can this game teach us about families?

When the knot stays – have everyone put his or her feet close together and lean back away from the rope. If everyone is leaning, it will balance out and no one will fall back. You could have someone suddenly let go of the rope and see how it affects the rest of the group leaning back. That should throw them off a bit. Try doing waves or making circular motions as the group holds on while still leaning back.

- How does one person affect the group?
- How vital is each individual to the group's balance and unity?
- Was it easy to trust others when doing the waves?
- Why is trust in others and being trustworthy important?