

Clothes peg transport

Group exercise

Description

Two small groups are formed and assigned two relatively easy bouldering routes to be bouldered in parallel. Each participant receives a clothes peg, which needs to be put on a clip board after a participant completed the route. Then climb back down and send the next group member off - until all participants in the group have clipped a clothespin to the board.

The exercise is not meant to be guided as a competition, but as a game with an emphasis on clean and safe climbing technique. However, the structure of the exercise often creates a competitive atmosphere that addresses performance issues. This can be supported by the therapists choosing groups, climbing quickly ahead of "their" group and cheering on their group members.

Material/wall

Clothes pegs, two clip boards or two slings
Two easy bouldering routes in close proximity

Therapeutical themes

Expectations/demands, communication, social comparisons, dealing with success/failure

Key questions

How did you experience the exercise? As a game, or as a competition? When does it happen that you let yourself be put under pressure/put yourself under pressure, even if it is not specifically part of the task?

Variations

In a second round, the bouldering routes can be changed and the clothespins of the other group are brought down again. Here, conscious attention can be paid to concentrating entirely on oneself and being present, putting aside the idea of competition.

Tips

If the competitive aspect of the exercise is to be emphasised by the therapists, then this should be clearly discussed and reflected on after the exercise.