

Obstacle course

Individual exercise

Description

In two small groups participants create an obstacle course on the bouldering wall with different materials, such as scarves, straws, tapes, ropes etc. The group can decide for themselves, what everyone has to do when the obstacle comes up on the route. It is important that every participant is able to climb the route. At the end, participants present their obstacle group to the therapists and the members of the other group.

Material/wall

Objects to create an obstacle course (straws, tape, scarf)

Traverse with many holds and steps that can be mastered by all participants

Therapeutical themes

Group cohesion, body sensation, selfworth/pride, cooperation and communication, capability

Key questions

Does a group process emerge, that fosters creativity? How are ideas exchanged and accepted? What is in the foreground – the task or having fun? Was anybody annoyed because they touched an obstacle, or was it possible for all participants to enjoy themselves and be present? How does the group talk about their obstacle course, are participants proud of it?

Variations

If there is time-pressure, the obstacle course can also be built by the therapists (in advance).

It becomes more difficult if the participants also have to boulder with one arm, one leg or backwards or if they have to cover one eye while bouldering (e.g. with a pirate's flap).

Tips

The obstacle course should be presented by the group and should receive positive feedback. A theme can also be picked, optionally, such as rain forest, waves, James Bond etc.