

Tape bouldering

Pair/group exercise

Description

Participants receive tape and will mark boulders along a traverse. This should lead to a route that the group creates together, which is manageable for all participants.

Material/wall

Tape

Traverse with many holds and footholds

Therapeutical themes

Social relationships, communication/cooperation, responsibility/dependence, estimating own performance, self-worth/pride

Key questions

How does communication happen in the group? How well are participants minding each other, and deciding whether the route can be achieved by weaker members? Who is particularly considerate? Do individual members let themselves become pressured? How does the group estimate itself? Can everybody identify with the finished created route?

Variations

Variations of the exercise could be to tape footholds as well as grips (or both). Or the bouldering route is not marked with tape, but will have to be memorised – this would include a cognitive/attention focus. Further the exercise can be made harder, when only one type of hold is chosen, for example jugs or slopers.

Tips

It is important to value the route together. The participants should be proud of their joint achievement.

The exercise [Elimination](#) is good to complete afterwards.