



## Responsibility Group Activity 2: Group Jump Rope

### Responsibility — Embracing opportunities to contribute

- **BE HELPFUL:** Understand & advance the group's positive goals.
- **BE CONSCIENTIOUS:** Be aware & careful of the choices you make.
- **BE ACCOUNTABLE:** Accept that your actions impact everyone around you.
- **BE PERSEVERING:** Work through difficulty & discouragement in pursuit of individual & team objectives.
- **BE RELIABLE:** Prove that others can depend on you. .

### Problem Solving: Responsibility

**Summary:** The group figures out how to juggle as many balls as possible.

**Equipment:** Approximately 30-foot long rope that can be used like a jump rope.

**Time:** 13 minutes total

Brief the group: 2 minutes

Exercise: 8 minutes

Reflection: 3 minutes

**Rope Represents:** The goal that a group is trying to accomplish.

### Directions:

- Challenge the team to "play jump rope," with 2 members as rope turners.
- The other members of the team are to jump together – not one at a time.
- See how many jumps the team can complete without a miss.
- A miss is when any member does not make it over the rope.

### Facilitator Notes:

- Challenge the group to set a goal and attempt to achieve it.
- Variation: Have 2 team members turn the rope & see how many members can run through without touching it.

### Processing the Ideas:

- Discuss the importance of responsibility: embracing opportunities to contribute. How did this group do in demonstrating responsibility to all members of the team as they tried to jump the rope together?
- How does this relate to a team setting? (Reliable for what, recover quickly, stay positive, etc...)
- How will RESPONSIBILITY look on your team? Identify 3. Refer to Responsibility checklist.
- One team member writes and reports later.