* **All Tied Up: Level One Training**

**Grade Level:** Elementary/Middle/High School

* **Purpose:** To demonstrate problem solving during complicated situations. Exemplifying how we can become tangled up and feel as though there is no solution. Demonstrates that if those solving the problem do the same thing over and over again and expect different results…it just won’t happen. Demonstrates how strong communication skills and patience are needed to solve the problem. The task will showcase emerging leaders.
* **Participants:** Level one peers
* Level two peers (Peer Helpers)
* Adult/Teacher Trainers
* Paraprofessionals
* **Materials Needed:**
* 1. Two ropes making circular ends so that the participants can each place the rope around each wrist. These can easily be made….here is how
	+ - At the local hardware store buy soft marine rope
		- Cut the rope in 36 in pieces/stripes
		- Make a loop at each end of the rope (approx. 6 inches)
		- Use electrical tape to secure the loop
* **Estimated Time:** 20 minutes
* **Procedures:**
1. Have students get with a partner. Each should have a rope. Place the rope around one wrist then cross the rope over the partner and place the other end on the wrist. The two participants should be connected by the rope across each other
2. Ask the students to figure out how to get the ropes apart without taking the loop off their wrists.
3. Remind them to think about it, and communicate.
4. After they have tried for a while, give them a few tips…

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1. Eventually help a group that is headed in the right direction…if needed. Then have them teach the others. Here is a video showing how to complete the task: http://www.youtube.com/watch?v=qzzxNpz6wBY

Activity 2 – Reflection/Discussion:

1. Why do we often try the same thing over and over again…if we get the same results? Help the learners think about a time when they have done this..only to be frustrated and unable to solve the problem. The use of Peers is a new way of thinking that works!
2. How did or could they change this habit for the future.
3. How might this relate to the way we work with others on academics etc.?
4. Discuss the need for thinking, remaining patient, listening, considering the ideas of others and keeping it simple.
5. Understanding that problems are not as difficult as they seem. Experiences along the way can help.