



Spinning Rope

Description

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Students learn more about each other while avoiding the spinning rope.

Supplies

- One long jump rope

How to Play

1. Have students stand in a circle. Stand in the middle of the circle with the jump rope.
2. Tell students that their goal is to not touch the rope.
3. Explain that you will be spinning the jump rope around the circle and students must try to avoid touching the rope. The rope will be on the ground, students must stay in their spot in the circle and cannot move forward or backward. They can only jump up and down to try to avoid the rope.
4. Explain that if a student touches the rope, they must answer a short question. The other students must listen to both the question and answer and if another student has the same answer as the student who just shared they must go give that student a high five and do five jumping jacks.
5. This continues with the leader spinning faster and in different directions, trying to ask different questions each round to allow students to learn more about each other.
6. Example questions:
 - Favorite color
 - Number of siblings
 - Favorite animal
 - Most delicious thing you've ever eaten
 - Favorite teacher
 - Favorite emotion word

- Favorite sports team
- Favorite movie

Activity Prompts for Reflection

- Did anyone share anything unique about themselves during this activity?
- Did anyone have something in common with someone else that surprised them?
- Did someone have a different opinion than you? If so, what was it?
- What is something new you learned about someone else during this game?

Other Ways to Play

- Have students link arms to help make sure that students do not move forward or backward in the circle.
- After students have grasped avoiding the spinning rope while it is on the ground, start raising and lowering the rope while spinning. This will challenge the students to jump higher and add in an element of surprise.

Additional Notes

- Use the [SEL Activity Prompts](#) to tie other SEL competencies to this activity.

Category

1. Activities
2. Social Awareness

Sel-competency

1. Social Awareness

Allotted-time

1. 10-15 minutes

Themes

1. Get to Know You
2. Jump Ropes and Hula Hoops