

## *Shape Up Challenge*

**Title:** Shape Up Challenge

**Skill focus** (gender based difference): Active Listening

### **Description:**

The goal of this challenge is to highlight the difference in skills between men and women in active listening.

In this activity teams will create shapes using a piece of rope/string as per each round's instructions.

In round one, teams will be asked to make three basic shapes in addition to one difficult shape to earn bonus points. In round two, one team member will be frozen in place, and will direct their team to again make the three basic shapes in addition to a different difficult shape to earn bonus points. In round three, one team member will be frozen in place and direct the team, and two team members will be blindfolded. The teams will be asked to again make the three basic shapes in addition to a different difficult shape to earn bonus points. Winner of the challenge will be chosen based on the total points collected from all three rounds as per the scoring sheet below.

### **Supporting Material:**

1. Challenge kit:
  - a. 10 pieces of rope/string (Length: 4 m)
  - b. 20 blindfolds
2. 10 volunteers (one per team).
3. Red and green stickers, used for the seating arrangement.
4. Instruction slides.
5. Voting keypads.
6. Slides that show the difference between men and women in active listening.
7. Excel sheet to calculate the winner.

**Note:** the challenge is designed for 10 groups; we recommend you prepare 2 additional packages (12 in total) in case you have extra attendees instead of adding people to the tables as that skews the final results.

## Group set up:

60 Attendees: 10 tables: 6 per table

Table No.	1	2	3	4	5	6	7	8	9	10
Men	0	1	2	3	4	5	6	0	3	6
Women	6	5	4	3	2	1	0	6	3	0

## Instructions:

1. Arrange the tables with enough space between to allow the teams to stand next to the tables and move around for the activity.
2. Once people start arriving instruct the women to sit at seats marked with a green sticker, and men to sit at seats marked with a red sticker.
3. If there are tables with gaps and participants that are missing, ask people to move around and complete the tables in order for each team to have 6 participants. Once everyone is seated, the presenter can start.
4. The presenter will start by discussing the rules of each round, as below.
5. When the presenter is finished explaining the rules, the volunteers need to confirm that all team members understood the rules and how to use the material, in each round.

### **Round one (8 mins):**

1. The objective of this round is for the team to make three basic shapes (square, triangle, pentagon) within the allotted time (2 minutes for discussion, and 6 minutes to complete the shapes).
2. Teams will have the option to make a more difficult shape (octagon) for bonus points.
3. All team members must participate by having both hands on the rope at all times.
4. When the team completes all the required shapes, record the score and send it to the facilitator.

### **Round two (10 mins):**

1. The objective of this round is for the team to make three basic shapes (square, triangle, pentagon) within the allotted time (2 minutes for discussion, and 8 minutes to complete the shapes).
2. In this round, one team member will be asked to be frozen in place, and direct the team on their strategy throughout the round.
3. Teams will have the option to make a more difficult shape (speech bubble) for bonus points.
4. All team members must participate by having both hands on the rope at all times.
5. When the team completes all the required shapes, record the score and send it to the facilitator.

### **Round three (12 mins):**

1. The objective of this round is for the team to make three basic shapes (figure-8, triangle, pentagon) within the allotted time (2 minutes for discussion, and 10 minutes to complete the shapes).
2. In this round, the same team member will be asked to be frozen in place, and direct the team on their strategy throughout the round.
3. Two team members will be blindfolded, and will have to depend on their team for guidance.
4. Teams will have the option to make a more difficult shape (star) for bonus points.
5. All team members must participate by having both hands on the rope at all times.
6. When the team completes all the required shapes, record the score and send it to the facilitator.

### **These are the rules:**

- All team members must participate by having both hands on the rope; if the team member(s) removes both hands for a total of three times during the round, the team loses the round.
- Allow 2 minutes for the team to discuss their strategy before each round. They should not be allowed to use the rope until facilitator signals that the round has begun.
- Ask the volunteers to provide each team with their material when the discussion time is over.
- Start the timer and ask the teams to start.
- Use a stopwatch to ensure you keep on time and give participants regular "time checks" so they stay on task.
- A facilitator is overseeing all volunteers. The facilitator will collect scores from all volunteers.
- The facilitator enters the measurements into the Excel sheet while the presenter asks the participants to answer the keypad questions and then goes over the takeaways.
- Go over results of the keypads highlighting any differences in gender tables noticed.
- The Excel sheet will calculate the results and display on screen.
- Congratulate the winning team.
- Thank the volunteers.

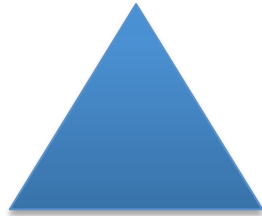
**Materials:**

Easy shapes:

Square



Triangle



Pentagon

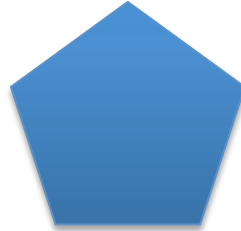


Figure-8



Difficult shapes:

Octagon



Speech Bubble



Star



## Time Break down:

Action	Time (minutes)
1. Explanation and Questions	10
2. Round 1	8
3. Round 2	10
4. Round 3	12
5. Takeaways	10
6. Scoring & Winner	5
<b>Total</b>	<b>55</b>

## How do we decide who wins points:

Criteria	Points
<b>Round (1)</b>	
Team member(s) letting go of rope > 3 times	0 for round
Completion of basic shapes	3 (1 for each shape)
Completion of complex shape	3
<b>Maximum total points</b>	<b>6</b>
<b>Round (2)</b>	
Team member(s) letting go of rope > 3 times	0 for round
Completion of basic shapes	3 (1 for each shape)
Completion of complex shape	4
<b>Maximum total points</b>	<b>7</b>
<b>Round (3)</b>	
Team member(s) letting go of rope > 3 times	0 for round
Completion of basic shapes	3 (1 for each shape)
Completion of complex shape	5
<b>Maximum total points</b>	<b>8</b>

## Volunteers roles:

We recommended for this exercise each volunteer be responsible for one table to manage the activity. So 1:1 team to volunteer ratio. The main team will have to oversee the volunteers, and present the activity.

No	Action	Volunteer Role	Note
1	Before we start	Make sure that your table is consistent with the gender breakdown in terms of the following a. Table numbers b. Gender break down	
		Make sure that your table has the required material.	
2	After the facilitator explains instructions	Ensure everyone at the table understands what they need to do in Round one.	
3		Give the team the material and ask them to wait till the starting signal.	Only once the presenter has informed you to do so.
4	During the challenge	Keep score and make sure that your team follows the rules.	All team members have to participate or else they lose the round.
5	At the end of round one facilitator asks the teams to stop	Make sure your team stops.	
6	Points calculation	When the teams stop, give your score to the facilitator	
7	Facilitator explains round two	Ensure everyone at the table understands what they need to do in Round two.	
8		Give the team the material and ask them to wait till the starting signal.	Only once the presenter has informed you to do so.
9	During the challenge	Keep score and make sure that your team follows the rules.	
10	At the end of round one facilitator asks the teams to stop	Make sure your team stops.	
11	Points calculation	When the teams stop, give your score to the facilitator.	

6	Facilitator explains round three	Ensure everyone at the table understands what they need to do in Round three.	
		Give the team the material and ask them to wait till the starting signal.	
	During the challenge	Keep score and make sure that your team follows the rules.	
7	At the end of round one facilitator asks the teams to stop	Make sure your team stops.	
	Points calculation	When the teams stop, give your score to the facilitator.	
8	Winning team announced	Get up the front and be in the picture with them.	

Thank you for your help 😊

## Scoring sheet:

Team Number: \_\_\_\_\_

Please input yes or no, and time of completion

### Round 1:

Did all team members participate?	Did any team member(s) let go of the rope > 3 times?	Did the team complete 3 basic shapes?	Did the team complete the complex shape (bonus)?

### Round 2:

Did all team members participate?	Did any team member(s) let go of the rope > 3 times?	Did the team complete 3 basic shapes?	Did the team complete the complex shape (bonus)?

### Round 3:

Did all team members participate?	Did any team member(s) let go of the rope > 3 times?	Did the team complete 3 basic shapes?	Did the team complete the complex shape (bonus)?