

## **Mountains Speak**

*The Mountains Will Burst Into Song*  
*Isaiah 55:12*

### **Description:**

Have you ever stood on the top of a mountain? The awe inspiring breathtaking experience of standing atop a mountain which was slowly ascended and through perseverance, summited, can often speak to our soul more profoundly than any audible explanation. Mountains Speak is one of those experiences that often challenges participants at their core. So grab a few plastic cups, rubber bands, and yarn and lets get after it.



### **Set up:**

Mountains Speak, takes a rather large concept and shrinks it down to strings, a rubber band, and plastic cups, although it can grow as big as you can dream by using ropes, buckets, and a rubber bike

inner-tube the setup are the same. The group uses an already constructed crane fashioned together with string or yarn and a rubber band. The strings are tied securely to the entire circumference of the rubber band. The group will manipulate the crane to stack plastic cups in the shape of a pyramid. Each participant must hold the very end of their string to simulate a boundary. Alternatively, a circle boundary can be taped or marked off on a table or floor that participants may not cross over. The cups must stay within the boundaries at all times. It is important that participants know they must not touch the cups with any part of their body at any time. The facilitator is the only person who can physically touch the cups. 6 cups is a great number to work with however additional cups can be added if necessary.



### **Materials:**

Construct your crane by tying 8-10 pieces of yarn, about 3-5 feet long, to a rubber band. Use six plastic drinking cups. If you are planning on a large group activity, plastic solo cups are cheap and come in a large quantity.

### **Quick Set Up:**

It can be a race for time, another team, or a leisurely activity to construct a pyramid or mountain out of at least 6 plastic cups. The

group must develop a strategy including how they will work together and manipulate the crane to pick up and stack the cups. Use a hula hoop or a square rug as a boundary to ensure participants do not touch the cups with their hand. They must not touch the cups at any time even if they drag the cups out of the boundary.

### **Adaptations:**

1. *Super size* this game by using a bike inner tube, buckets, and rope (8-12 feet long). The concept is the same but it moves participants back further which can create communication problems.
2. Write *numbers* on one side of the cup and *letters* on the other. Chances are it will take some time before everyone realizes that there are numbers and letters which could cause confusion and create some frustration. Be sure to debrief this variation. Discuss what it's like to have a different perspective and how effective communication helped solve the problem.
3. Integrate a blindfold (or a few) so that certain participants must be given specific instructions by their seeing counterparts.