



Loony Loop Instructions



People often get stuck failing to solve problems using the same approach over and over again. Loony Loop shows us how to reframe problems and explore new ways to find solutions – even if they're hiding in plain sight. Using just words or imagery, this important lesson may go in one ear and out the other. Loony Loop, on the other hand, is tactile. The learning is kinesthetic and therefore it sticks.

This tool is effective for both one-on-one coaching and group work.

How does it work?

The trainer attaches a Loony Loop to the buttonhole of each participant, then asks everyone to remove their Loony Loop. It's a hands-on brain teaser and much harder than it looks. Yet with a creative outlook and some experimentation, everyone can untangle this clingy little tool.

What do you need?

People (min / optimal / max): 1 Loony Loop per person

Time for Activity: 5-10 minutes

Materials: 1 Loony Loop, 1 set of instructions

Workspace: Room for the trainer and participant(s) to sit or stand in arm's length of each other

Instructions

1. Explain the goal of the activity and its relevance to your participant. For example, you might introduce it as an exercise in creative problem solving or developing new strategies. The more you customize how you introduce, facilitate and debrief the activity for your participant's needs, the richer the learning experience will be. You may even want to give the Loony Loop to your participant after the activity as a reminder of the lessons learned.
2. Introduce the activity. Say something like, *"I am going to attach a Loony Loop to your button hole and your challenge is to remove it."* Then attach the Loony Loop. (Teach yourself how to do this before the activity and practice until you can do it confidently. See the instructions, **Part One: How to ATTACH the Loony Loop.**)
3. Observe the activity for 5-8 minutes.
4. If your participants have not been able to remove the Loony Loop in this time, they will probably be frustrated by now. Encourage them to approach the problem from a new, more creative perspective. For example, you might ask, *"It looks like you are using two primary resources to find the solution – the loop and the metal rod. Are there any other resources here that could be part of the solution?"*
5. Observe your participant's second attempt at a solution. If they are still unable to succeed, you can intervene to provide an important clue. Ask, *"Have you thought about using the fabric as part of your solution?"*
6. If they are still unsuccessful after you provide this clue, explain the situation and show them how to remove the Loony Loop. You can do this yourself or give them the attached step-by-step removal instructions (See **Part Two: How to REMOVE the Loony Loop**).
7. Lead the debrief. Here are some sample questions to ask:
 - When at first you couldn't solve the problem, did you try something different or did you repeat the same approach?
 - Was there something else you could have done to reframe the problem?
 - In this activity, the flexibility of the fabric was a hidden resource. What 'hidden resources' might you be overlooking in your work?
 - Are there other parallels between this challenge and your daily life?
 - How can you put into practice what you learned from this activity?

Part One: How to ATTACH the Loony Loop

1. Position the Loony Loop over the button hole, with the loop to the left of the button hole and the metal rod to the right. (Fig. 1)
2. Move the loop so that it's directly over the button hole. The rod will still be on the right. (Fig. 2)
3. Using your fingers, pull fabric (at least 2-3 inches) through the loop, leaving the metal rod to the right. (Fig. 3)
4. Then, tip the right side of the rod (the non-loop side) up and through the back side of the button hole. Once the rod is through the button hole, point the non-loop side to the left of the button hole. (Fig. 4)
5. Push and pull the fabric back out of the loop and flatten the fabric back down to its original shape, so you can see the loop lying on top of the fabric, and the middle part of the rod under the fabric. The non-loop side of the rod will be to the left of the button hole and the loop side of the rod will be to the right of the button hole. You may need to pull the rod slightly to the right to position it correctly. (Figs. 5, 6)

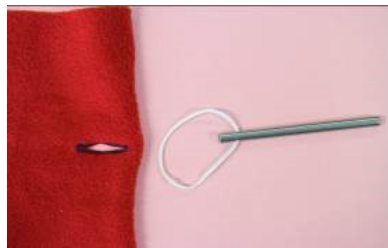


Fig. 1

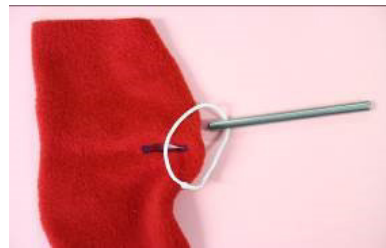


Fig. 2

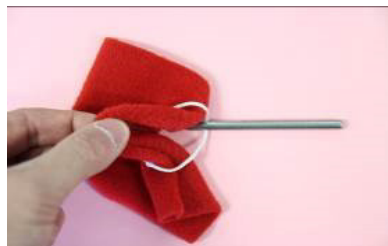


Fig. 3



Fig. 4

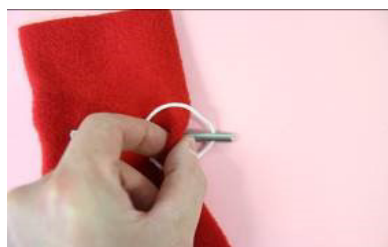


Fig. 5



Fig. 6

Part Two: How to REMOVE the Loony Loop

1. To begin the removal, make sure the fabric is flat and that you can see the loop lying on top of the fabric parallel to the button hole. (Fig. 1)
2. Using your fingers, pull fabric (at least 2-3 inches) through the loop, leaving the metal rod in the button hole. (Figs. 2, 3)
3. Then, tip the left side of the rod (the non-loop side) up and to the right, out of the button hole. Once the rod is through the button hole, point the non-loop side to the right of the button hole, then gently push and pull the loop up and off of the fabric. (Figs. 4, 5, 6)

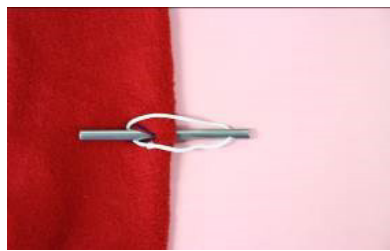


Fig. 1

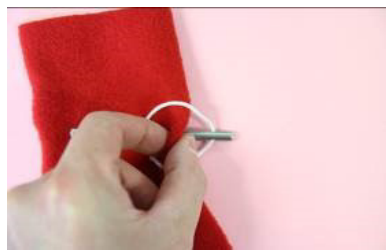


Fig. 2



Fig. 3

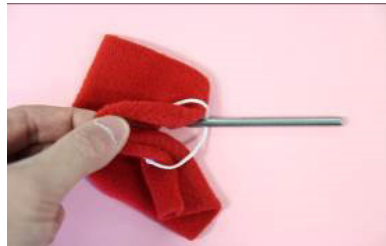


Fig. 4

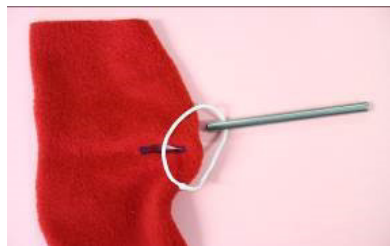


Fig. 5



Fig. 6