



## Welcome to the Wall

*Children are introduced to the Traverse Wall® through a simulated climb.*

**Grade Level:** PreK and up

**Materials:** Poly Spots or marks made from tape, enough to place 3-4 in front of each 4-foot-wide climbing wall panel

**Advance Set Up:** Place Poly Spots or marks on safety mats, about 8 inches away from the climbing wall.

### Activity:

This activity is designed to introduce children to the Traverse Wall in a nonthreatening manner. By using this activity as a starting point, you will reduce the anxiety that some children may feel about climbing.

Position one child in front of, and facing, the first panel of the Traverse Wall. The rest of the children should line up at the start of the wall to create a line of children that can move along the front of the climbing wall. All at one time, all children should walk slowly in front of the wall, moving in the same direction, using only their hands on the hand holds and their feet on the spots on the floor. They should maintain at least an arm's length of space between each other. They should feel the holds and pick ones they would use if they were actually climbing. They should pretend the spots on the floors are the holds for their feet and step on them. Have children travel across the front of the Traverse Wall two or three times in this simulated climb.

After several simulated traverses, discuss this experience. What did they notice about the climbing wall, holds, etc. What holds and spots did they use? Why? Invite children to share some words to describe what they think it will be like to climb on the Traverse Wall. They are now ready to learn the rules of the climbing wall and to begin climbing.

**National Standard:** 4

**Grade-Level Outcomes:**

- Personal responsibility (S4.E1, S4.E2, S4.M1, S4.M2)
- Rules & etiquette (S4.E5, S4.M5, S4.M6)
- Safety (S4.E6, S4.M7)