**Resilient You program: Video Transcript**

**Module 3: Testing My Limits: Challenge 2**

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**Skye:** Welcome ladies to today's challenge. How are we all feeling? Today's challenge is all about mental determination. I hope you've been practicing Words With Friends on your phone because you are going to need it today. You might be wondering why you're holding this piece of material in your hands. For this challenge, you are going to lose your sight and be blindfolded.

Once your blindfold is on, you will need to crawl and find your way to the start of your rope. When you unravel this knot, you will let a letter loose. Once you have that letter in your hand, you need to keep your blindfold on and use your rope to guide you to the right totem pole. Put your letter on your totem pole.

Find your way back down your rope to the next knot to undo and find your next letter. You will do this until you have collected all eight letters. Once those letters are stacked on your totem pole, you can remove your blindfold and begin to solve the word puzzle. The first person to solve the word puzzle wins.

Ladies, Are you ready?

Lets get knotting!

Ladies, please put on your blindfolds.

**Gab:** Feeling okay about this challenge. I'm not really good with Words With Friends and those jumbling and kind of Scrabble words, so we'll see how we go after that.

**Skye-Blue:** Well, I did a high ropes course, so ropes are sort of my thing. Just never done it blindfolded.

**Casey:** I'm good with words.

I'm good with puzzles. And this is where I'm going to take these girls down.

**Skye-Blue:** It's on like Donkey Kong.

**Skye:** Ladies, please assume your positions, ready to begin this challenge. On your marks. Get set. Go!

Casey missing the mark completely and having to trace her way back to the start of her rope.

These first knots are close to being untied. Skyes sailing skills coming in handy there. Finding her way up the rope. Casey on the move, her first letter as well, finding her way to her pole. Gabby seems to me struggling! So footy seems like her forte.

And Gabby. She has gone the complete wrong way and placed her letter on Skye's totem instead. Will this be her downfall?

**Gab:** Where are my...?

**Skye-Blue:** Get off my rope!

**Skye:** Casey working quickly now. Her second letter unravelled, finding its way onto the pole. Gabby on the move. Can she find the correct pole this time?

**Skye-Blue:** Correct pole! Did you put something on my pole? I swear Gabs! If you did...

**Skye:** And she finally places a letter! The first letter on her own pole. Casey seems to be in a bit of a tangle herself, as she's struggling to find those knots to untie and collect her letters. Gabby is gathering her letters and moving towards her totem pole. Stacking them one, stacking two. And there's another

letter for Skye. Casey seems to be in a tangle. Oh! Here she goes! One more letter on the totem. As soon as Skye stacks this letter, she can take her blindfold off and begin solving her mystery word.

Casey had so much confidence in the beginning of this game, but will her strategy

be her undoing? Has Skye got it? Has she solved the word? Skye has proven that all those hours practicing on her phone with Words With Friends. And she has won this challenge spelling out the word correctly on her totem pole.

**Skye-Blue:**  Yeah. Like I'm full shaking. Um, just the adrenaline kicked in. I was just like, just get it done. Just get it done. Don't stop.

**Gab:** Yeah, it was hard. Not being able to see what you're doing.

Um, so it's all like touch and feel.

**Casey:** I feel so defeated. I really thought that this was the one I was going to win, so yeah. Devastated.

**Skye-Blue:** Almighty!

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