

RECONNECT: OUTDOOR FUN + GAMES



FOLLOW THE LEADER (BLINDFOLDED!)

Aim: To help young people understand the importance of listening to each other's guidance and picking out a voice from the crowd and to building up trust between groups.

Time Needed to Play: 20 - 30 minutes, depending on the difficulty of the courses

Setup: Prior to the session, a leader can make a course/maze. For the young people to navigate through, there will need to be a maze for each pair/group so the level of complexity will need to be considered. A course can be set up in a hall with tape or on grass with pegs and ribbon. Note: Pathways should not be directly next to another so that if a young person walks off their path, they will not walk into another participant's route and have physical contact.

Start



Finish

Playing the Game: The objective of the game is for a young person to guide their blindfolded partner/ another member of their group from the start of the course to the end (only one participant may be on a course at a time). The blindfolded young person must pick out their partners voice amongst the others who will also be giving instructions.

An Extra Challenge! To make the activity more difficult after everyone has had an opportunity to be blindfolded, blindfolded participant can be made to carry something such as a plastic cup with water in each hand or a bowl of ping pong balls above their head. If applicable, a new route may be created by moving pegs around the grass or laying down more tape in a room.

Review:

- What would you do differently next time?
- Were there any other ways that we could communicate with each other?
- Who was a good listener? Who was a good instructor?

YOU WILL NEED:

- Pegs and ribbon to mark a pathway.
- Equipment for tasks that blindfolded participant can do, e.g cups to carry water, bowl to carry ping pong balls.
- Blindfolds so that each participant can have their own for the session (no sharing and encourage the young people to remember what colour blindfold they are given).