

OUTDOOR LEARNING CARDS



TEAMBUILDING TB5

BLINDFOLD TRUST

Activity

Aim: Undertake an accompanied blindfold walk with a partner.

- Organise the group into pairs with one person wearing an eyeshade/blindfold.
- Make sure that the person wearing the eyeshade cannot see.
- Guide your partner wearing the eyeshade around a course of your choice.
- Participants must not run.

Review & Evaluation

- For the person wearing the eyeshade: What was good about the way your partner guided you around the course? Did you feel safe? Did you peek? Was any initial planning effective?
- For the guide: How did you make sure your partner was safe all of the time? What did you say to your partner? Was it helpful?



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Equipment

You will need 1 eyeshade for each pair.

Preparation

- Suitable flat area with obstacles for the course.
- Part of the trust element is trusting participants not to cheat.
- Discuss this aspect at the planning stage.

Safety Points

- This is a co-operative exercise, not a race.
- Ensure the whole group remains within your sight at all time.
- Ensure that the 'guides' are aware that they are responsible for the safety of their partners.
- Discuss where the guide should stand when, for example, guiding their partner over a gym bench.
- Only carry out this activity if the participants are in a calm quiet mood.
- Stop the activity immediately if it becomes apparent that participants cannot be trusted to behave in a responsible manner.

Differentiation & Progression

- Initially, participants could just shut their eyes.
- Use a straight line one way course to the other end of the playground.
- Step over white lines or a rope lying on the ground, rather than real obstacles.
- Set the course over, under or through obstacles.
- Use a woodland area.
- Retrieve an object e.g, an egg!
- Incorporate a few stairs (leader to position themselves accordingly).
- Try non-contact. Guide is not allowed to touch partner – verbal instructions only.
- Try to get your partner to run in a straight line e.g. across a hall or playground. Careful 'spotting' and clear instructions required.

Skills/Knowledge & Personal Development

- Listen to ideas and instructions.
- Give clear and concise instructions.
- Invite feedback from your partner on what it felt like to be blindfolded.
- Receive feedback from your partner on your role as a guide.
- Improve own learning and performance through reflective thinking and action.
- Recognise when others need support.
- Understand how actions impact on others.
- Take responsibility.

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