



# Take It Outside: Summer

## Blindfold Walk

### Introduction

Imagine what it would have been like for Tomotada in the story of 'Green Willow' to be lost in the storm. How could he find his way in the dark? Use your sense of touch to tackle this blindfold challenge. Do you trust your friends to lead you?

### You will need:

- a length of rope
- blindfolds
- sports equipment (cones, hoops, hurdles, beanbags, etc.)

### Key Questions

- Did you notice your sense of hearing improve?
- How do you feel as you're blindfolded? Confident? Nervous?
- What makes a good guide?



### What to do:

1. Set up a rope course outside. This could involve tying rope between the play equipment on the yard, between trees, along a fence or along chairs and cones on the yard. Alternatively, you could have a short length of rope that would be held on one end by the guide and the other by the blindfolded walker.
2. Get into pairs. One person should be the guide, the other the walker. The guide should lead the walker around the course. Explain that this is a position of trust and how the guide can support the walker.
3. **The guide should** make sure the walker feels safe, walk slowly and talk to them about what obstacles might be in their way.
4. **The walker should** allow themselves to be guided, follow the instructions of the guide and not peep!
5. The guide and the walker should swap roles.



### Ways to Support

If children are uncomfortable with the blindfold, give them the option of not wearing it or wearing it for a short amount of time. They could try it with their eyes closed instead, or have an adult guide.

### Ways to Extend

Once a level of trust has been built up, challenge the group to create a blindfolded obstacle course using sports equipment.

### Curriculum Links

**PSHCE:** Building relationships of trust; creating and accepting challenge; problem solving; team work; self-confidence.