



MINE FIELD CHALLENGE

Purpose & Focus

This exercise gives participants a chance to work on their relationships and trust issues, which is why they are paired into teams of two.

Participants

Teams of 2 participants.

Time Allotment

15 - 30 Minutes

Activity Level

Moderate

Materials

- One blindfold for each team.
- "Mines" such as balls, bowling pins, cones, pillows, etc.
- Large, open area

Preparations

- The Youth Development Coach must distribute "mines," which they place haphazardly around the area.

Method

- One team member will be blindfolded and cannot talk and the other can see and talk, but cannot enter the field or touch their blindfolded teammate.
- The activity requires each blind-folded person to walk from one side of the field to the other, avoiding the mines by listening to the verbal instructions of their partners.
- Penalties can be put in place for each time a blindfolded person hits a mine, but the real idea behind the activity is to get the team members to trust their partner's directions and to teach them to communicate in a more effective way.

Discussion

- Was it more difficult to give or receive directions?
- What might you do differently to communicate better next time?