

Blindfold Warm-up

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| Type | Low active activity that can be done inside or outside. Works on getting used to being blindfolded and giving detailed instructions. |
| Group Size | Groups of 2 to 4. |
| Equipment | <ul style="list-style-type: none">• 1 blindfold per group.• 2 small objects like coins. |
| Objective | The objective is for each group to guide the blindfolded member of their group to cover two small objects with his/her feet. |
| Rules | <ol style="list-style-type: none">1. One of the people in the group must be blindfolded and standing.2. The facilitator will place the 2 small objects on the ground a specific distance away from the blindfolded person. The objects must be placed close enough to each other so that the blindfolded person can easily step onto both objects at the same time. (About 2 feet apart)3. The seeing members of the group will give verbal directions to the blindfolded person to guide him until he is covering both objects with his feet.4. At no time can the seeing members touch the objects or the blindfolded person unless there is a safety issue.5. When both objects have been covered, have a different person in the group become blindfolded and the facilitator will place the objects in a new place. |
| Variations | <ol style="list-style-type: none">1. As the group gets better at this, have them begin to compete against themselves. How fast can they get the blindfolded person to cover the two objects? What is the fewest number of steps can they get the objects covered in?2. To make things harder, you can take away the blindfolded person's ability to speak.3. Put down 2 more objects that are fairly close to the first 2 and now cover all four with feet and hands. The Twister variation. |
| Notes | <ul style="list-style-type: none">• It is very important that the seeing partners do a good job of spotting for their blindfolded partners to keep them safe. |