

Guide Me Well

Impact:	Requires that people entrust others with their safety and be willing to have physical contact with a partner
Risk:	Medium
Group Size:	2 to 50
Time Required:	15 minutes
Materials:	None

Directions:

- Place obstacles such as chairs, T-shirts, boxes, etc. randomly throughout the space where the game will be played.
- Without talking, group members then find a partner of similar height.
- Next, the partners stand facing the same direction, one behind the other. The person in front holds his or her arms forward, chest high, and closes his or her eyes or is blindfolded. The person behind places his or her hands on the partner's shoulders and begins to guide the partner, physically and verbally, around the various obstacles.
- After a few minutes, the partners reverse roles.

Caution: If you conduct this activity outside, play on level ground in an area without overhanging branches.

Discussion:

- How did it feel to rely on your partner to guide you around obstacles?
- Did you and your partner guide each other in different ways? If so, how and why?
- What was it like to watch out for obstacles, pitfalls, and obstructions for your blind partner?

Options:

- Play the game with three people on each team.
- Do the activity in the woods.
- Have pairs walk side-by-side (without touching), and guide one another only with words.