

## Blindfold Exploring!



### The aim of this task is to:

have some fun with blindfolds and to help you and a partner or family member to improve your communication skills.

### For this challenge you will need:

- 1) 1 x blindfold per person (If you don't have a blindfold be creative. You could use a scarf, a buff, a thick hat, a sock?!)
- 2) A safe space e.g. your garden, living room etc.
- 3) A long length of rope or string (optional)

### What do I need to do?

On the next page are some tasks you can complete in your house or garden. Make sure that whoever is blindfolded is aware of any dangers (e.g. walls, steps, drops or sharp things) and takes it..... S L O W L Y !

## Derwent Hill Activity Sheet:

### Blindfold Exploring

**Task 1:** Work with a partner. One person puts on a blindfold. The other person holds onto the blindfolded person and takes them for a guided walk. Make sure to keep the blindfolded person safe and describe the journey you are taking them on as you go.

**Task 2:** Work with a partner. One person needs to be blindfolded. Take the blindfolded person on a walk without touching them. You can talk to them describing the journey or make up signals to get them to move in the direction you need them to move in.

**Task 3:** Now you are comfortable, take the blindfolded person on a more adventurous journey such as under a table, through a chair, through the bushes or get them to open doors or perform other tasks. Watch their heads and look after their safety!

**Task 4:** Take your blindfolded person to a new location and disorientate them by spinning them around a couple of times. Don't spin them too many times, otherwise they will become dizzy and fall over. You should now move somewhere else, stand still and make a noise so the blindfolded person can hear you. Now they need to try and get to you.

**Task 5:** Take your blindfolded person to a tree / bush, let them touch it, smell it, explore it and then take them back to your starting point (make sure it's not a very spiky bush, or stinging nettles). Remove the blindfold and see if they can find which tree / plant it was.

**Task 6:** If you have some string or rope, design a course around your garden by tying the string to different points. Make it challenging and creative, then put blindfolds on and try to follow it. Top tip: Make sure 1 person can see so that they can tell you of any danger.