

# BLINDFOLD

In this activity, blindfolded participants must rely on their partners to navigate an obstacle course successfully. The activity is designed to help improve communication and listening skills, and to build trust between partners.



15-20 minutes



10-50



- A large private room
- Enough blindfolds for half of the participants
- Furniture and other items to use as obstacles

Source: Adapted from Mindtools

## DEBRIEF *(following the activity)*

- How did participants have to communicate differently to guide their partners?
- How did their listening skills change and adapt when they were blindfolded?
- What did it feel like to give up control and trust your partner?
- How could you apply this learning/experience in your work?

## WHAT TO DO



1. Scatter furniture and objects around the room before the activity begins. Your course should be challenging, but still safe to navigate.
2. Put team members into pairs and ask them to stand together at one end of the room.
3. One person from each pair should put on a blindfold.
4. The sighted people must verbally guide their partners across the room by giving them instructions to help them avoid the obstacles and other people.
5. When each team reaches the other side of the room, partners should switch roles and then repeat the exercise.