

Trust Game I

Follow the Leader Meets the Obstacle Course

Age Group: 1-5 grade
Participants: 4-5 or teams if needed
Materials: Blindfolds for all except the leaders in groups of colors
Stopwatch
Poster
Tape or Markers to designate the course

Object of the Game: To take a team around a predetermined obstacle course in the fastest time. The style of movement is like a train, with the leader guiding the blindfolded members. Each person is to hold to the person ahead of them by the shoulders or waist. Bonus points are given for completing a circuit without losing a team member.

Rules/Procedure:

1. Choose team captains and/or divide class into teams. Designate colors for each team.
2. Give a practice walk-through of the course to each team. Allow captains to talk to their team members as they explore the course. Do not help them discuss strategy. Remind teams they must stay together to earn bonus points on their score (20 points if no team member lets go or is broken away from the group).
3. Give the team captains their colored blindfolds for the team to wear over their eyes when it is their turn to walk/run the obstacle course. The captains **do not** wear the blindfolds.
4. As each team goes, the others can watch and continue to plan their strategy. Scores will be recorded on a poster. If time allows, teams may take up to 3 turns with the average time determining the winner.
5. After the race has been completed, allow the teams to tabulate their total time if several turns were taken.
6. After the winner has been announced, discuss what each team did to communicate information to each member. Also mention pros and cons to each approach. Ask "If you could have anything to help you during your race, what would it be?" Record suggestions and ask for reasons to answers.

Alternate Suggestions:

- **If an entire class period is used for this activity, allow students to run the course sighted before blindfolding them. Record scores and compare times after the race.
- **Ensure that the course has no objects that can injure a person if fallen on. Also check for sharp corners, steps, changes in elevation (hills) and any debris.
- **Younger students can play the game with a shorter course or with only one or two people blindfolded.
- **The bonus can also be extra credit on homework or a special prize or privilege.
- **As an extension of this exercise, invite a blind person to visit the class to

discuss what the blind use to help them travel. Ask students to prepare questions for the guest.

**Find a video about adaptations. This can be a nature video (example: how bats fly at night or how snakes hunt). Follow the video with discussion of how God helps animals adapt to their environment.