

Climbing Out

2. *Blind Walk*

Spatial Requirements: Gym/outdoor space required

Activity Type: Movement/group

Grades: 2-12

Group Size: 4 or more

Time: 10-15 minutes

Introduction: Often we blindly follow the influence of friends without giving consideration to the negative consequences that may follow. This activity emphasizes the importance of knowing the direction you are going and not being blindly swayed by peers.

Materials:

- 2 blindfolds
- Timer

Activity:

Set up two identical obstacle courses with chairs, desks, or tables; creating a narrow walkway through each. Obstacles could include stepping over backpacks or books, going under a table or desk, or going around chairs. Make the courses difficult enough that it will take ten minutes to accomplish the task.

Divide the group in two and select a person from each team to be blindfolded. Instruct each team that they are to give instructions one at a time to the blindfolded person. The team will rotate through, taking turns giving one instruction at a time to the blindfolded team member. (You may want to have the teams stand in a line, going to the back of the line after they have given an instruction to the blindfolded team member.) Time the event, and add a ten-second penalty for each time the blindfolded person touches an obstacle.

The goal is to complete the task in the shortest amount of time.

Processing the Experience:

- How did you do as a team?
- In what ways was the activity challenging?
- If you were blindfolded, what kind of instructions were the easiest to follow? Which ones were the hardest?
- In life, how do friends affect the direction you are going?
- Did your confidence change as you went through the obstacle course? Why or why not?
- In life, how do you know if you are in the obstacle course, or “crab pot?” (Make a list of student responses on the board. For examples, see lists below.)
- If you stay in the crab pot, what will your future be like?

What do people “In the Pot” look like?

1. They do very little with their time.
2. They do very little with their lives.
3. They have destructive thoughts and behaviors that keep them from growing and developing.
4. They keep others in the pot.

What do people “Out of the Pot” look like?

1. They become stronger and better people.
2. They learn that their choices have a huge effect on their potential.
3. They become smarter at anything they choose.

4. They have confidence in themselves and their abilities.
5. They know how to take charge of their lives.
6. They become resilient to any challenge they face.