

1 Blindfolded Exploring.



A great activity to test the senses to take more notice of the finer details of our world around us. One person (blindfolded) is guided safely around to a chosen feature (tree etc), explore it with their hands then taken back to the beginning. Blindfold is taken off and they must find their previous destination.

EQUIPMENT:

- Blindfold (bandana, hoodie on backwards, teatowel etc. Whatever you can find)
- Somewhere outdoors. Can do this indoors if you can't find anywhere appropriate outside.

INSTRUCTIONS:

- Have one person cover their eyes with blindfold
- Second person starts to guide blindfolded person around your chosen environment. Add some spins to confuse them. Take the long way, try and confuse them.
- Once at the chosen feature, using their hands, explore the texture, size, height. These clues will hopefully lead them back.
- Lead blindfolded child back to starting point. Again, some spins will make this task harder.
- Blindfold comes off and they then try to find their chosen feature.

TIPS:

- You can guide the blindfolded person by either the elbows, or by hands on shoulders.
- **Make sure emphasis is on good communication to avoid tripping and running into things**
- Prompt the blindfolded person to take their time to gain as many clues as possible. Not only touch, but feeling the direction of the sun, wind, shadows etc
- To make it harder, challenge them to follow the exact path. They will have to use many senses to conquer this one.