

Trust Walk

This fun game can be used as a movement activity, and an activity to practice trust, teamwork and empathy.

Supplies:

- Bandana or cloth to cover the eyes
- Obstacles: furniture, toys, cookware, etc.
- Minimum 2 people

Step 1: Decide on a location to do this game. It can be done indoors or outside.



Step 3: Layout items all over the floor creating a difficult path for someone to walk across.

Note: This can also be a lesson about picking up belongings. We understand that many homes do not need any set up; we can use what we have been given.

Step 4: Gather team(s) together. Use specific items or a furniture piece to identify the point where the game ends. Have the first person put on their eye covering.



Step 5: The person with their eyes covered will need to cross the zone of obstacles without bumping or stepping on anything. They must rely on their teammate to guide them only using the sound their voice and without touching them. It is best if the team member giving directions walks with them, but remember: only use their voice to guide!

Step 6: When the team has reached the end, have them switch roles and go back to the original starting point to complete the game.

Note: When more than one team plays, this game can be a race. To continue the game, team members can trade roles, and obstacle items can be rearranged.