

Blindfold trust challenges

Minefield

Resources: carpet squares or cones, blindfolds

Arrange the children into teams and arrange the mats or cones into an obstacle course. The first member of each team wears a blindfold and is directed across the minefield by the second member of the team. If they hit a “mine” they are out. The second member of the team then puts on a blindfold and is directed across by the third member of the team. Continue until all the team have had a turn at crossing the minefield. You can make it more challenging by rearranging the “mines” as each child begins their turn at crossing the minefield. You can also set a time limit.



Sheep and Shepherd

Resources: cones to mark the “pens”, blindfolds

In smaller teams, blindfolded team members must be guided into a pen by the shepherd giving them verbal commands. The team that pens the highest number of sheep in the quickest time wins the challenge.



Blind Retriever

Resources: blindfold, cones, objects to retrieve

In this fun and challenging blindfold activity, the group is split into smaller sub-teams and must compete against each other to try and retrieve an object. One person is blindfolded in each team and directed by their team-mates using simple commands to try and find the object before the other team.

Trust Walk

Resources: blindfolds

Working in pairs, blindfolded participants are led on a walk around the surrounding area or a course by their partners. This is great activity for focusing on communication skills and developing trust.



Nightline

Resources: rope, blindfold

Working as a team, blindfolded participants follow a rope and try to navigate their way around a series of obstacles. Trust, support, leadership and communication are essential for this challenge.