INSTRUCTIONAL STRATEGIES



Trust Walk

Partners take turns guiding each other blindfolded through a “minefield” obstacle course using only verbal directions.

TRUST WALK

Summary

This activity builds trust, improves communication skills, and fosters teamwork. Participants must learn to rely on each other, adapt quickly to unfamiliar situations, and develop strategies for problem-solving under pressure. Materials needed: plastic cups or any other low-cost item that can serve as a mine (e.g. small boxes, toy blocks, or empty water bottles).

Procedure

1. Prior to starting: set out "mines" in a random pattern over a large space on the floor; plastic cups work well.
2. Divide participants into partners and have two sets of partners stand at opposite ends of the minefield.
3. One partner for each team is blindfolded, and the other partner gives directions.
4. The person giving directions guides the blindfolded partner through the minefield.
5. The team who makes it through the minefield the fastest wins.
6. Have partners switch places.
7. Repeat steps 3-5.
8. Use the attached reflection questions to guide a discussion about how this activity relates to the group's ability to work together.

E.N.D. IT! Corporation. (2022, January 27). Team building is very...blindfolded maze. Facebook. https://www.facebook.com/ENDITCORP/videos/team-building-is-very-%EF%B8%8F-blindfolded-maze-cup-stacking-challenge-and-commercials-/919943185343225/