OUTWARD BOUND ROMANIA

MY BLINDFOLDED WALK

Outward Bound Romania



challenge

N° of pax 6-12
individual | group

40 mins

indoors | outdoors

PURPOSE

- self-reflection
- overcoming personal limits
- finding personal pace

MATERIALS

- a long rope (approx. 40 meter and preferably static) and a lot of strings and scarves which can be used to tie to the rope different items, objects and toys
- whistle for the facilitator
- blindfolds for all the participants
- paper, or journal and pen for all

PREPARATION

- This activity can be done indoors or outdoors, but the space has to be large enough and has to have trees if outdoors or other items (chairs, tables) if indoors, to build a 40 meters long path with the ropes, strings and scarves.
- The area for the path should be relatively even (no big holes or obstacles), sharp or dangerous objects have to be removed in advance.
- The facilitators need to build a path with the ropes, strings and scarves and tie to the rope or place on the rope different items, like toys, books, clothing, sanitary items, etc. The construction should be way out of the site of participants. At least two facilitators are needed, one at the path and one at the meeting point, where participants are gathered.

INTRO

The path participants have to follow blindfolded is a path of memories. While sensing the materials and items of the path, they have to recall memories of their life (can be also used as evaluation of a training, or a shorter lifespan).

MY BLINDFOLDED WALK

STEPS

• Gather the participants and brief them about moving safely (slowly and carefully) blindfolded. Inform them that it is possible for them to meet others on their way, so pay attention to not hit each other. Ask them to stay silent during the whole activity and to stop when they hear the whistle blown by the facilitator (this action will be taken only to prevent dangerous situations).



• Ask participants to put on their blindfolds and lead them one by one to the starting point of the path. Ask them to follow the line at all times, by keeping one hand always on the rope and sense the items and materials they find on the way. When discovering something interesting on the line they should try to recall memories related to that element.

• Once they reach the end of the path, they will be taken back by the facilitator to the meeting point where they wait for the others in silence.

• Once everybody is back blindfolds can be taken off and participants can write down briefly on a paper or in their journal the memories they recalled during the walk.

• Group reflection follows

REFLECTION

• How did you feel blindfolded and left alone with the rope in your hand?
• How was your way of moving, your paste, what did you pay attention to?
• In what way did this path relate to your life?
• Did you discover something about yourself?
• What can be your guide to hold on in your life?

COMMENTS

This activity can be very emotional, so pay attention to create a safe, silent and peaceful environment for the debriefing session.
It is possible to play with the height of the rope as well, putting it close to the ground or at the height of the head makes the activity more challenging.