



RecipeCards

A Project of the Jeffco Student Health Advisory Council

MINE FIELD

An activity to increase trust among students.

Time

5-10 Minutes

Group Size

5-30 Students

Materials

Blindfolds and any classroom objects

INSTRUCTIONS

1. Students pair off.
2. Objects are scattered around the room. Do not move desks, but do clear backpacks off the floor.
3. One partner starts on one side of the classroom.
4. The other partner starts at the opposite end of the classroom and is blindfolded.
5. They are set loose out on the obstacle, while the other verbally guides the blindfolded partner around or over objects.

DISCUSSION QUESTIONS

- What made you trust your partner more?
- Did you feel safe? Or not? Why?