

Building Self confidence and trust to others

Aim:

This works well with small groups. This activity helps to build trust to team members and to raise self-esteem. The aim is to allow members of the group to experience being trusted and to trust. It encourages them to consider how their own action affects, the persona that they work as a pair, others and how it feels in reverse.



From age of 3 years



Groups from 12 – 16 people (can be played in bigger groups)



45 min till 1 hour (depends how many participants are there)

Materials:

- Blindfolds
- Big space where to put barriers, to make certaint path, way, where they walk
- Barriers, chairs, tables, things that they can go under, above, in between, around and so on.
- One chair on which one of the participants sits down at the beginning and in the end.

Step by step description:

- At the beginning when the whole group arrives ask them to make pairs. If the participants are from different countries its better that people from different countries are together. Because of possible language barrier.
- It's important, that during the activity participants doesn't talk with each other.
- In the pairs participants tries the path, like small maze, to get thru without talking, just with touching. One participant is the guide, the second is the follower. Guide puts his hand on followers shoulder and guides him/her thru the small maze. At the beginning follower sits on the chair, at the end follower has to sit down on the chair again. It shows that the task has been completed.
- First time every pair tries that with eyes open.
- When everyone has tried, starts the second part with blindfolds.
- Follower covers the eyes with blindfold, sits on the chair; guide puts his hand on the followers shoulder, and start to guide the follower. All the barriers have to be passed. (Barriers something to get under, something to get over, with a big



step, go around and so on, the guide has to show the way clear, if it's needed can use both arms, but, talking is forbidden.)

- When the all pairs have done the first round blindfolded, they change the positions, who was guide now becomes a follower and other way around. Teamer can change the order of the barriers, to make the task a bit complicated, because all the participants, memorizes the way. By changing the order, participants get's a bit confused. This helps them really to trust to the partner.

It can be real challenge for some of participants. In the end of the activity teamer can make small discussion about their feeling that they experienced how easy it was to trust to the partner? Which was easier, guide or to follow? Why?

