



Unit: Team Building

Skill 32: Building Trust

Activity B: Minefield

Activity Skills:

Verbal communication, following directions, teamwork.

Leadership Skills:

Effective communication, trust.

Suggested Level:

Advanced

Time:

15-20 minutes

Supplies needed:

- Blindfolds.
- Carpet squares.
- Plastic or rubber balls.
- Other small objects.

Do Ahead:

N/A

Source:

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Based On:
Rohnke, Karl. *Silver Bullets: A Guide to Initiative Problems, Adventure Games, and Trust Activities*, Kendall/Hunt Publishing Company. Dubuque, Iowa. 1984.

BACKGROUND:

In this activity, participants work in pairs to traverse an imaginary minefield. The difficulty is that the person crossing the minefield must remain blindfolded while trusting their partner to provide verbal clues that will lead them to safety.

WHAT TO DO:

As with any physical game or activity, safety is a concern. Be sure to inform participants that if they feel uncomfortable at any point they may excuse themselves from the game.

First, scatter the carpet squares, balls, and other small objects around the playing area. They should be scattered randomly but evenly. This is your minefield and the objects are the mines.

Divide the group into pairs. Blindfold one person from each pair and bring him or her to the edge of the minefield. You can have as many pairs do this activity at one time as is safe.

The other half of the pair must verbally guide the blindfolded person across the minefield as quickly as possible. Each time the blindfolded person touches a mine add 15 seconds to their time.

All directions must be given verbally and on the sidelines; at no time should the sighted person enter the minefield to direct his/her partner.

After the field has been crossed, the pair should trade roles.

TALK IT OVER:

Reflect:

- Was it easy or difficult to get through the minefield blindfolded? Why?
- Was it easy or difficult to give directions?
- What does this activity tell us about verbal communication styles?
- Why is it important to communicate clearly?
- What does it feel like to depend on someone else to help you complete a task?
- What is it like to have someone else depend on you to help them complete a task?

Apply:

- How do you think this activity is going to influence the way you communicate with others?
- Will you be more conscious of the way you communicate as a result of this activity?

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Notes:

BEYOND THE BOX:

Optional Homework:

Write a paragraph answering the following. Can you think of any real life situations in which when people must rely completely upon others to complete a task? What are they? What systems or guidelines do you think are in place to increase their chances of success?

Resources and Web Links:

The Wilderdom Store, [Minefield](http://www.wilderdom.com/games/descriptions/Minefield.html)
<http://www.wilderdom.com/games/descriptions/Minefield.html>

The Wilderdom Store, [Trust Building Activities](http://www.wilderdom.com/games/TrustActivities.html)
<http://www.wilderdom.com/games/TrustActivities.html>

Geocities, [Trust Activities](http://www.geocities.com/initiativetasks/Trust.htm)
<http://www.geocities.com/initiativetasks/Trust.htm>

Rohnke, Karl. *Silver Bullets: A Guide to Initiative Problems, Adventure Games, and Trust Activities*, Kendall/Hunt Publishing Company. Dubuque, Iowa. 1984.