



**Give us
a break!**

Resource sheet 22

Trust game

Place two chairs at either end of the room and clear the space of any obstacles.

Ask for two volunteers – one to be a ‘Guide’ and the other a ‘Follower’.

Seat the ‘Follower’ on one chair and place a blindfold over their eyes.

The aim is for the ‘guide’ to walk the ‘follower’ to the other side of the room and seat them safely.

The ‘guide’ should lead the ‘follower’ using only touch (arm to arm; finger to finger) OR only verbal calls (forward/back; left/right; up/down).

The remaining group members should use themselves and/or ‘safe’ objects to create an obstacle course.

Everyone in the group should be allowed to have a turn.

Adaptations

In pairs, in a clear space, ‘guides’ and ‘followers’ should be decided. ‘Followers’ should close their eyes. ‘Guides’ should travel around the room with their ‘follower’, using only touch, keeping them safe. The ‘follower’ must follow the ‘guides’ every move. After a period, pairs should switch roles to allow everyone the opportunity to guide/follow.