

Trust Walk



Trust Walk

- Identify Problem:** The Trust Walk is a great way to help develop problem solving skills. It helps them develop different ways of dealing with others.
- Materials needed:** Blindfolds for half of your group.
Anything you want to bring to set up a simple obstacle course. This can be done outdoors or indoors.
- Exercise:** Pair up partners. Blindfold one of each partner. The “sighted” partner guides the blindfolded one around using verbal cues. No physical touch. You will need to either create a course out of things in the room, or bring your own stuff. Another option can be to have the blindfolded person hold on to a long rope and quietly have each student take turns leading the group through the course. Which ever way works best for you.
- Identify Skill:** Was it easier to be lead or to be the one leading?
What kind of problems did you have on both sides?
Did you have to think and react differently than you would if you were not blindfolded?
How could you relate this to any problems in your life?
How does this help you develop problem solving skills?
- Source:** Unknown

