

Navigate the Minefield - Trust

EXPLANATION:

Navigate the Minefield is an outdoor game that requires physical movement through an obstacle course, blindfolded! It is a game of trust—will you navigate the minefield? Can you trust your partner and communicate well?

GRADE LEVELS: 7–10

STUDENT GROUPING: Pairs

ACTIVITY LENGTH: 40 minutes approx.

CASEL CORE COMPETENCY: *RELATIONSHIP SKILLS*

- Communicating effectively
- Practicing teamwork and collaborative problem solving
- You can learn more about the CASEL framework [here](#)



SCOPE OF TASK:

Trust is a central part of all human relationships. Trusting someone means that you think they are reliable; you have confidence in them, and you feel safe with them physically and emotionally. It requires feelings of confidence and security in another person, and it is a belief in a probability that a person will behave in certain ways.

1. Find a large outdoor field, such as a soccer or football field. Use traffic cones, plastic bottles, mats, tunnels, on-ground balance beams, tires, etc. to set up an obstacle course to serve as the minefield. (If there is an elementary school on site, you may be able to borrow additional outdoor equipment.)
2. Divide students into pairs, and describe the task to the group. The aim of the challenge is to navigate the obstacle course without knocking over the equipment or the course. The rules for each pair are:
 - One person will be blindfolded and cannot communicate with their partner.
 - Their partner must give instructions from the sideline—they cannot enter the minefield.
 - Instructions between the pair can only be verbal—no communication by touch is permitted.

Hints to the players:

- You must be serious so that your partner does not get hurt.
 - Take a few minutes to plan how you are going to communicate—do you have any verbal instructions/guidance or cues that you can use as a team?
3. Once blindfolds are in place and everyone is ready, say “Go!”, and the activity begins. After a pair successfully reaches the other side of the minefield, swap roles and repeat the process.
 4. At the end of the physical challenge, bring the pairs together, and pose questions about the trusting relationship that the pairs had to establish:
 - What communication strategies did you use?
 - Why did you trust your partner?
 - How did your partner make you feel?
 - What characteristics do you think are important to build trust?

RESOURCES:

- Outdoor space, such as a sports field
- Blindfolds
- Items to make an obstacle course, such as:
 - Cones
 - Soft foam balls
 - Tunnels
 - On-ground balance beams or balance stepping stones