



OBSTACLE COURSE

TYPE:

Communication

GROUP SIZE:

Any

MATERIALS:

Each group member needs to provide an item of their choice (something they have with them - pencil, notebook, shoe, hat, etc.), blindfolds, and masking tape

INTRODUCTION:

Today we will engage in an activity that will help us become more aware of our communication style and the way in which we work as a team.

DESCRIPTION:

Use the masking tape to create parameters for your obstacle course. The parameters should be determined by team size and space available. you may do this exercise with 1 team or many teams. Ask each team member to put their item within the course approximately 12 inches apart from other items. Team members must go through the course (blindfolded/one at a time) using the sound of their partners voice as their only guide. Team members who are instructing must not touch their partners. If any group member touches one of the items, they must begin again. Facilitate a discussion using the provided processing questions.

PROCESSING:

- How did you feel as you were traversing the obstacle course?
- If you were guiding someone through the course, what was your strategy? How did it work?
- How does this activity relate to the way we communicate as a group?

OUTCOMES:

- Heighten Sensitivity
- Foster a Sense of Trust
- Creates Team Unity

REMEMBER:

- Introduce the exercise
- Explain it thoroughly
- Process it completely