



RELAY YOUR FEELINGS

As the group leader you need to mouth the directions to your team. They should be able to hear you at all.

Directions:

The first person needs to race down to the paper on the wall and write down a word that will start a sentence. When this person has done this, he/she will race back and hand off the pen to the next person in line. This will continue until all members of the team have had a turn and a complete sentence has been made on the paper.

Then say to the group:

"PLEASE PUT ON THIS BLINDFOLD. YOU WILL BE UNABLE TO SEE DURING THE RACE."

Then say to the group:

"PLEASE TIE YOUR HANDS TOGETHER BEHIND YOUR BACK. YOU WILL BE UNABLE TO USE YOUR ARMS DURING THIS EXERCISE."

Then say to the group:

"YOU ARE UNABLE TO USE YOUR LEGS DURING THE RACE."

Then say to the group:

"PLEASE PUT THESE EARPLUGS IN YOUR EARS. YOU ARE UNABLE TO HEAR DURING THIS RACE."

Then say to the group:

"YOU HAVE NO LIMITATIONS DURING THE RACE."