

MATES Junior Activity Resource Guide

Goal: **Communication Skills**

Activity Type: Individual
Relationship Stage: Any

Activity Name:

"Trust the Leader"

Objective:

To foster trust between mentor and mentee, as well as enhancing communication skills

Preparation Time:

None

Activity Duration:

30 minutes

Required Material:

- Blindfold
- Open space with obstacles such as trees, benches, doorways, etc.

Instructions:

- Decide who will be blindfolded first and help tie the blindfold around that person. The person who is not blindfolded is the 'leader' and is responsible for their partner's safety.
- The leader is to guide the blindfolded partner through obstacles of their choosing, using verbal directions.
- Once the blindfolded partner has made it through the obstacle course, they take the blindfold off and the partners swap roles.
- The new leader (who was originally blindfolded) has to lead their blind partner around obstacles of their choosing successfully.
- Once both partners have been blindfolded and been a partner, take some time to discuss what helped and what was difficult. How might communication be improved? Do you trust each other more now?

Further Notes:

- Although this is primarily about trust in the mentor-mentee relationship, it can be done between mentees or between mentors!
- To make this more difficult, you can try doing it without verbal communication – the leader then physically leads the blindfolded person through the course (e.g., holding their hand and tapping parts of their body to move up or down). However, some mentees will be uncomfortable with being touched, so ask permission before trying this version.