

MATES Junior Activity

Resource Guide

Goal: **Prosocial Competency**

Activity Type: Large group
Relationship Stage: Any

Activity Name:

"Secret call"

Objective:

To practice co-operation and listening for teammates

Preparation Time:

None

Activity Duration:

10-15 minutes

Required Material:

- Blindfolds for each player

Instructions:

- The group is broken into groups of 2 or 3 players. Prior to play, each group decides on a secret call which is not a word, but a noise or sound (e.g., chicken cluck, buzzing, honking – be creative!).
- Each player is blindfolded and the group is mixed up so teammates are separated from one another.
- When everyone is mixed up, a mentor says GO and teammates have to try and find each other only using the secret call they agreed to. No other words or touching are allowed.

Further Notes:

- If this is being played outside, set a boundary around the group for mentors to monitor and redirect players if they are wandering too far from the group.
- Be aware of any hazards (puddles, stairs, etc.) and have a mentor watch out to make sure the players are safe.
- Teams may benefit from doing this exercise again straight after the first go, so they can revise their strategy and learn from what worked (or didn't work) the first time. Give them 5 minutes to discuss how to improve, with a mentor present to observe their interactions. For example, the team may assign each player a different number of noises for each call to more clearly identify each other. This will further build their co-operation and listening skills.