BLIND WALK

Number of players: 2+
Space: Room to wander
Materials needed: None

Procedure:
Divide group into pairs and choose who will be “A” and “B.” “A” will close his or her eyes (or put on a blindfold); “B” will guide “A” on a journey around the space. (Depending on comfort levels, “B” can place one arm around “A’s” shoulders and/or hold “A’s” inside arm/wrist/hand in order to guide them physically as well as verbally.) After a set number of minutes, switch roles.

Possible side coaching:
B’s: “Start slowly. You are responsible for your partner’s safety.”
A’s: “Experience the space as fully as possible. What do you hear, etc.”

Variations:
Have “B” take “A” on a journey through an imaginary space with several invented obstacles (a forest, etc.).

Processing points:
• Which did you prefer—leading or being led? Why?
• What does it take to trust someone?
• What does it take to be trustworthy?

Possible learning areas:
Trust, cooperation, sensory awareness

AKA: Imaginary journey

Source: Traditional / Boal