

Outdoor Trust Walk

Supplies Needed:

- 2+ players
- Blindfold
- Small objects such as blocks, small traffic cones, stuffed animals, or plastic containers
- Large flat area

Instructions:

- Before you begin placing your obstacles, clear the play area of any items that won't be part of the game or could cause injury to the blindfolded player.
- Place obstacles strategically around the play area to create a maze for players to wind through.
- Have the first pair of players choose which one will give the directions and which one will follow them. Blindfold the follower(s) and instruct them not to talk while the game is in play.
- Begin the game. The communicator must give the blindfolded partner directions to help them navigate the maze of obstacles and reach the other side. The communicator can give the partner directional cues, but cannot tell them how many steps to take in each direction.
- Once the blindfolded player safely reaches the other side, have the players switch roles and restart the game.

Trust Walk is an effective team building activity that builds trust between your troop members (and it's fun, too).

