

# Taha Whanau (Social Wellbeing) - Blindfold Navigate

Taha Whānau is about family relationships, friendships, and other interpersonal relationships; feelings of belonging, compassion and caring; and social support. The focus for this activity in relation to Taha Whānau is trusting our teammates and we have chosen a game called Blindfold Navigate to help practise this.

## **Level:**

All ages (modify to suit)

## **Equipment:**

Blindfolds (1 per pair), objects to navigate around; chairs, tables, benches, cones etc

## **Taha Whānau Outcome:**

To be able to trust our team mates

## **Formation:**

Divide the class into pairs. Within each pair one is blindfolded and the other is the leader.

## **Directions to play the game**

1. Have a start and end point. Set obstacles around the area in a course like pattern.
2. Each pair begins at the start line. The leaders can either hold their partner's arm or just use their voice to guide their partner around the course.
3. Aim is for the leader to get their partner safely around the course.

## **Questions you could ask**

- What were your responsibilities as the leader?
- As the leader, how did you make your partner feel safe?
- As the leader, did you have to adapt the way you communicated to meet the needs of your partner?
- How did you communicate with each other? What worked/didn't work?
- As the partner that was blindfolded, what made you trust your partner?
- What builds trust in a team?

## **Modifications to make the game easier**

- Less obstacles (or no obstacles)



- Leader holds partners arm to guide them
- Don't use blindfolds - just have eyes closed
- Make the course pathway straight

#### **Modifications to make the game harder**

- More obstacles
- Have obstacles that they have to go over, under, and through
- Leader can only use their voice to guide
- Have to pick up obstacles on their way round and throw, kick, or bounce
- Could try different locomotor skills as they move through the course
- Create different course pathways

#### **Links to fundamental movement skills**

##### **Locomotor skills**

Walk

##### **Stability skills**

Turn

Twist

Bend

##### **Manipulative skills (optional)**

Kick

Dribble

Throw