

Healthy Relationships and Problem Solving



Say to Teen: A healthy relationship is built on unwavering trust. In this activity, you will be working with your team to get across a minefield while being blindfolded. Up for the challenge?

Minefield

Materials

- Random safe household items (pillows, couches, plushies, chairs, etc)
- Blindfolds

Instructions:

- Set up a “minefield” in your house and/or space by creating an obstacle course out of random safe household items
- Then, divide family and/or friends into groups of two
- Have each team discuss first and choose one representative to start the game
- Each representative must be blindfolded and stand behind the start line
- Once facilitator says 1.2.3 GO! then teams standing on their corresponding sides are able to guide their representative through the minefield with only verbal directions such as STRAIGHT, STOP, LEFT 2 STEPS, RIGHT 4 STEPS, etc.
- Have each family member take turns going through the obstacle course and guiding someone through it
- Team with the most members successfully crossing the minefield before their opponent wins the game
- Feel free to alter the obstacles after each turn so that nobody becomes too familiar with the minefield

Reflection: Explain to teen(s) that this activity to promote trust and teamwork. Ask questions such as how it felt when you were in the minefield being blindfolded and only your team can guide you. Were you having any challenges of hearing your team since the other team was also trying to guide their representative across the minefield? How did teams on the side work together to guide their representative across the minefield? Did you trust your team?

