

Activity – Blind Relay

This activity was thought of during a workshop on social emotional learning conducted by Carla Hacker. The workshop was conducted at two cities in India. Pune and Bangalore. She gave us some large beach balls and asked us to create an activity of our own.

After our group demonstrated this activity to the large group, we realized that it is a different version of the Mine Field activity.

Material -

A big rope, approx 30 meters long, soft toys / balls as obstacles, two to four beach balls, footballs, basket balls.

Set up –

- This activity could be conducted indoors as well as outdoors. It requires a large open space.
- Lay down a large square (or circle, or rectangle) made out of rope, on the ground.
- Throw in some soft toys/balls which will be obstacles in the path.
- Keep a few obstacles (basket balls, soccer balls, beach balls) outside the square in case you need to add them into the mix.



Description –

- Before starting the activity, ask for a few volunteers (say 30%) to randomly stand inside the square (circle), depending on the number of people in the group.
- The people standing inside the square position themselves a few steps away from each other, facing in any direction.

- Ask for volunteers to be the safety guides - one safety guide for each active volunteer (the ones picking up the objects).
- The objective for the group is to pick up and then hand off objects to as many people standing inside the circle as possible.
- Ask for a volunteer to keep track of time and the total score. (Provide them with paper and a pen if needed - maybe they can keep track using their phone.)

Rules –

1. The people inside the square have to pick up and then hold an object behind their back and they can walk only backwards.
2. They can't look down when they are walking backwards - looking at the person talking to them is helpful.
3. People on the outside of the circle (boundary area) are allowed to talk to the people inside.
4. The person receiving the object has to receive it standing backwards to the person giving the ball. Then, after receiving the objects, this person can then move (with help) to hand it off to someone else inside the square.
5. The safety guide cannot touch or speak to anyone. They have to ensure that the person walking backwards doesn't fall down. S/he can touch the person only if she/he is about to fall.
6. No one can touch the rope of the remaining obstacles on the ground.
7. The people outside the circle cannot touch anyone who is inside the circle or step inside the circle.
8. The group will gain 2000 points for each successful hand off.
9. If the safety guide touches the obstacles, the people or the rope, 500 points will be deducted from the total score for every touch.
10. If anyone touches the obstacles, or the rope, the total points gained will come down to zero.
11. After every successful hand off, the person who handed off the object will carefully walk out of the circle and can get someone of her/his choice, who is standing outside the circle, to stand inside the circle in order to perform a pick up and handoff.



Review Questions –

- What was the challenge with the group?
- How did you communicate with the people inside the circle? What enabled them?
- What was the experience of the people who were walking backwards? How did you feel when people were speaking with you?
- How many times did you look down while walking backwards? What was the reason?
- What was your challenge? How did you overcome it?
- What was the challenge of the safety guides? What was your challenge?
- What was the plan? How did you go about planning?
- How many people were involved in it?
- Why and how did the target affect you?
- Who would be the “blind folded” people in your organization?
- What is our approach with them on a day to day basis?

Notes for the facilitator –

- Before the group starts the activity, ask the group to give a target score that they would work to achieve. Also, ask them how much time they would require to achieve their target score (planning and action). You may need to negotiate the time with the group if there are time constraints in your program.
- Start the time after they have committed the same.
- Another version could be that the people inside the rope circle will have to be blindfolded. They have to close their eyes.