

# Minefield

## Purpose:

- Teambuilding
- Trust Building
- Improve communication skills
- Create energy and excitement

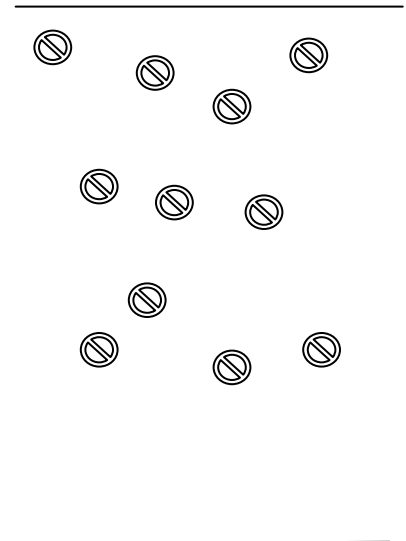
**Group Size:** 6 – 30 people works best

**Time Frame:** 30 minutes to an hour

## Preparation:

- Supplies:
  - One blindfold for each pair of participants
  - 2 pieces of rope, each of them about 30 feet long – or one long continuous rope approximately 120 feet long.
  - Minefield Obstacles: Possible Options - Newspaper Pages (to be laid out flat), Paper Plates, Pillows or foam pool “noodles”. \*Note: Stay away from balls or items that someone can slip on
  - Optional : Laminate 8.5 X 11 papers with key word ( see team traits PDF) for participants to locate when blindfolded

Sample Minefield



## Set Up:

1. Create the Minefield: Locate an appropriate place to conduct the activity—must be flat and approximately 30 feet x 30 feet. Make certain that there are no hazards on the ground or in the area where the exercise will be performed. Place ropes about 30 feet apart creating a start and end line (see diagram). Place the “mines” throughout the area. Create as many “mines” as you like; in this game, more is good.
2. Make partners of two. One person will be blindfolded and not be allowed to speak or see. The other person will be allowed to speak but not touch.
3. The goal is to have the blindfolded person safely cross the minefield without touching the “mines” using only the verbal guidance of his/her partner.
4. Give the partners 2 minutes to discuss their strategy. Once everyone is ready, say “go” to begin their trek across the minefield.
5. After each pair reaches the end of the minefield, they can switch roles and return.
6. Optional: Place laminated signs throughout the minefield for participants to find and pick up. Signs can have words on them that relate to Teamwork, Trust, and Communication etc.

### **Important Notes**

- If the group size is large, have them do the activity in heats. Limit minefield area to 6 teams at a time
- Allow people to opt out of participating if they are not comfortable being blindfolded.
- Watch carefully for safety issues
- Make sure that the participants are aware they need to focus on the importance of trust and safety.
- A facilitator should be watching to make sure that the blindfolded people do not crash into each other

### **Debrief**

As always, select debrief questions that are relevant to the topic you are exploring. Some possible questions might include:

- What was challenging about this exercise?
- What communication strategies worked best?
- What would have made this activity easier?
- How much did you trust your partner (scale of 1- 10) at the start of the activity?
- How much did you trust your partner (scale of 1- 10) at the end?
- What did your partner do to help you feel safe and secure?
- How do you build trust with your peers?
- How does this exercise apply to work?
- If you use the laminated team cards, ask participants why these words are important to having a strong team and trust.