

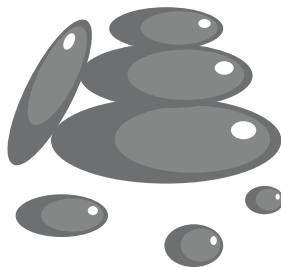
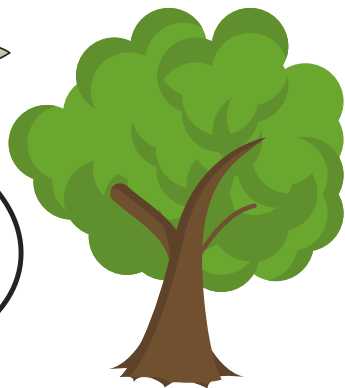
Touch, don't look!

Your challenge is to work together with a partner to explore the world around you without your sense of sight. When one of you is blindfolded and can't see anymore, how will your partner guide you about safely and steadily? And how will you identify the object beneath your fingertips... how does it feel?

- 1 You need 2 adventurers to complete this challenge, so find someone who you trust to keep you safe.
- 2 First, you each need something to make a blindfold to go over your eyes. Maybe your scarf, your hoody back to front, or your hat if you can pull it down over your eyes? You'll also need a piece of rope, or perhaps use 2 jumpers tied together or a long plastic marker pole from the PE cupboard. Whichever you go for, it needs to be 2 metres long.
- 3 In your pair, decide on a starting point (use an outside area with enough space to spin around, at least 5m wide).
- 4 One adventurer is blindfolded and the other adventurer becomes the guide.
- 5 The guide needs to look around and pick an object they are going to walk the blindfolded adventurer over to. A branch, a tree, a bench or a rock might work well.



Remember to wash your hands before and after the game!



Please turn over for steps 6-10...



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- 6 The guide holds one end of the rope and the blindfolded adventurer holds the other end. The rope must remain tight between them, so the two adventurers can't get closer together.
- 7 Safely and slowly, the guide uses the rope to spin the blindfolded person around to help disorientate them. The guide must be very careful not to bump them into anything! And the blindfolded person will have one hand on the rope but they can hold their other hand out in front of themselves, so they feel protected from any hazards around.
- 8 Then, the guide walks in front of the blindfolded adventurer, using the rope to guide them safely over to an object. When the object is in front of them, ask the adventurer to feel the object with their hands (while still blindfolded). When they have felt it enough, the guide leads them back to the start point.
- 9 Ask the blindfolded adventurer to remove their blindfold, and walk the guide to the exact object that they touched. If they can't work it out, then the guide must take them to the object so they can feel it again, this time with their eyes open, to learn and get better for their next go. Now, both wash your hands.

- 10 Swap over! This time the blindfolded adventurer becomes the guide, and vice versa.

Important rules for the guide

When you're guiding someone, you must only lead them on flat ground as they could be injured otherwise. Don't walk them up or down any steps or steep ground, or over uneven terrain or anywhere near cars or roads. Be careful, too, that nothing will bump them in their face or body on their journey. And don't choose an object that's prickly, sharp or delicate as we wouldn't want your adventurer or the object to come to harm.

