

Mine Field

Task	Cross the Mine Field blindfolded without touching a mine (tube) through the verbal instructions of a partner
Equipment	One blindfold for every 2 people – approximately 20 total 40 tubes
Set-up	<p>Scatter tubes on the volleyball court. Before coming outside, have participants pair up with a member from their color team. One member of each pair will put on a blindfold. The other will lead him/her outside to the baseline of the volleyball court. While all the blindfolded participants stand on the baseline, the “instructors” will choose one place to stand around the volleyball court. The instructor will give verbal instructions to lead his/her partner from one end of the volleyball court to the other end without touching a tube. If a participant touches a tube or the net with any part of his/her body while trying to get to the other side of the field, he/she is out.</p> <p>Repeat the activity so that the “instructor” will be the one going through the field (change the location of the tubes).</p> <p>The one who has the fastest time on each color team will go to the finals, where he/she will compete against the 3 other people who had the fastest time for their teams.</p>
Possible Frame	Each of us has multiple voices coming at us from different directions. to listen to during our life. Whether it is our parents, professors, bosses, siblings, teammates, or coaches, we need to distinguish and decide which voice(s) we will listen to. The task of each individual is to learn to listen carefully to his/her partner’s voice in order to make it across the court successfully. This creates a metaphor of the challenges and obstacles in the life of an athlete and the importance of choosing who and what to listen to and be influenced by.
Facilitation	<p>(1) Split into color teams. Have each person comment on his/her experience. Which role was easier – being the instructor or the listener? This process can provide a new perspective for each member of the group as they realize the difficulty of hearing many different instructions, but listening for only one that is applicable for him/herself.</p> <p>(2) This exercise can also be used as a starting point to understand the importance of communication. As a result, it can be a good activity to discuss the characteristics of empathy and building a community through shared images/metaphors.</p>
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