



Mine Field

Step-by-Step Instructions:

1. Before class, in a separate room or outside, section off a large rectangle or square space with the sports cones.
2. Use soft objects to assemble a type of maze or obstacle course. Have a clear start and finish.
3. If this is a group of couples then pairing off is easy. Otherwise, have the group break into appropriate pairs. It is really helpful if partners know each other well.
4. Have couples decide who will be “A” and who will be “B” without telling them what they are about to do.
5. Explain to pairs that they are going to be working on a communication and trust building activity that will take time and patience. Remind them that no matter what, they should stay positive and encouraging.
6. Have participant “A” in each pair carefully blindfold participant “B” and physically guide him or her to the obstacle course.
7. Once at the obstacle course, pick a couple to go first.
8. Explain to them that their task is to get participant “B” to navigate the course without touching any of the soft objects, but with a few rules:
 - a. Participant “A” may not go into the obstacle or touch participant “B” after the navigation has started. He or she can only direct participant “B” with words.
 - b. Participant “B” must not talk during the entire navigation.

Title: Mine Field

Group Size: 10 to 20

Time Needed: 30 minutes or more

Goal: To improve communication and trust

Audience: Parents, Couples, Teens, Children, Singles

Special Considerations: It is very important that a caring tone be set for this activity. Some people may not be comfortable being blindfolded; if so, they can sit this one out. *If you have two facilitators, you should demonstrate the activity before participants begin.*

Resources Needed:

- ✓ Blindfolds
- ✓ Tape
- ✓ Different types of soft objects: balls, Hula Hoops, empty plastic bottles, sports cones, etc.

9. If desired, you can make this exercise a little tenser by making it competitive between couples. To do this, time each couple and inform them that if participant “B” touches two soft objects he or she is automatically out.
10. Have couples repeat the exercise with both participants being able to speak so that clarification can take place.

Tips for Discussion and Processing:

This is a great activity to get couples to use their communication skills. You can also use this activity to explore the importance of non-verbal communication with couples. Talk about the differences in their experiences when they could/could not speak.