FOLLOWING AND LEADING

Experiential education



N° of pax 4-40



outdoors



30 mins - 1 hour



group work | dynamic

PURPOSE

TRUST
- leadership & communication
- creativity & fun
- exploration

MATERIALS

- blindfold (as many as the n° of pairs) or eyes closed
- clothing that protects against scratches and can get dirty.

PREPARATION

- When pairs are exploring a forest/park area it is advisable to follow the pairs so nobody gets injured (of course the one who sees is in charge of safety).
- Some people might get frustrated or anxious by being blinded, it is better to talk about this in advance than having a very challenging experience - this person can also just use his eyes closed or even open during the activity.
- It is also good to have real outdoor clothing in order to be able to roll on the ground or enter into the bush. When you are blindfolded all your sensations will be inspired to touch and feel the environment you saw so many times before and discover it in a completely different way.

INTRO

This activity is used for leadership skills and the aim is to explore its shapes and forms, and to boost the creativity of the team.

STEPS

1. The facilitator chooses an area in nature where people can spread, can try different levels of exploration - from the ground, grass or leaves to trunks and bushes; and also different surfaces - water, mud, soft and harsh. Then he/she asks the participants to find a pair they wish to work with. They need to decide whose eyes will be blindfolded first.



2. The indications are the following:

- the one who cannot see is guided, led by the one who sees,
- the one who is blinded defines how they want to be led - whether they would like to be touched or not, whether they need (non-)verbal communication or not, whether they wish to name some objects that could be interesting for them or not.
- They can also define, before being blindfolded, where they want to go or what they want to experience.

3. (15-30 min) The blindfolded person explores the area. The other person follows the wishes and ideas of the blinded person. Additionally, they also take care of the physical wellbeing of the person who does not see - it means in case of danger only (of falling, sliding, possible hit on head) they warn the person or they hold or stop them. It is not about being over cautious since the activity is about exploration.

4. (15-30 min) After a given time they change roles.

5. The facilitator invites the participants to gather in a circle to share and reflect on the experience.

REFLECTION

- What do you think now about following and leading?
- What was your discovery during the activity?
- What resources did you discover in yourself that you can use for building your resilience?

COMMENTS