

BLINDFOLDED TRAIL



GET ADVENTUROUS



20 MINUTES



PREPARATION NEEDED

GETTING INTO THE ACTIVITY

Can you make your way through your home or garden, without the use of your eyesight? Take on a blindfolded trail and find out.

Ask a grown-up to set up a rope trail. They do this by laying string, rope or wool through the house or garden. The longer the trail the better. They can also set up obstacles along the way such as chairs to crawl under, books on the floor as stepping stones and obstacles to avoid.

Without seeing the course, place a blindfold on and then using the rope as a guide, work your way through the trail. You'll need to work your way through the obstacles as well as trying to work out what part of the house you are in and where you are going.

If you don't have a rope, then instead ask a family member to guide you through the course with verbal instructions.

Ask a grown-up to take a video of your blindfolded trail and share it with your BB group or post on social media using #BBatHOME.



WHAT YOU'LL NEED

- String / Wool
- Blindfold
- Obstacles



NOTES FOR PARENTS & CARERS

Please make sure the space and equipment used is safe. Adult supervision during this activity is essential. An adult should initiate any contact with the BB group and/or share on social media.