



Trusting blindly – the trust course

AT A GLANCE



Place

Outdoors in a meadow or in a sports hall



Key idea

Trust and teamwork: letting yourself be guided and guiding well



Effort

Materials 10 min · Preparation 20 min



90 minutes



8–20 children



8–12 years



move to a hall if it rains



Materials

- ☐ blindfolds or neckerchiefs (1 per 2 children)
- ☐ 1 long rope, about 15 m
- ☐ obstacles: benches, hoops, cones, boxes
- ☐ 1 bell or rattle
- ☐ 1 whistle
- ☐ optional: devotion “Noah – Trusting when everyone laughs” (scouts-cloud)



Schedule

0–10'	Arrival – Game “back to back”: sit back to back in pairs and stand up together without using your hands.
10–25'	Leading by a finger – Pairs: one child closes their eyes, the other leads them around the room by just one finger. Then swap.
25–55'	Trust course – Now guide with words only. Main part – see “How it works”.
55–70'	Rope trail – Everyone blindfolded. A rope is stretched criss-cross. Follow it with one hand until you reach the bell.
70–80'	Devotion – Noah trusted God, even though he could not see what was coming (template on scouts-cloud).
80–90'	Closing – Circle: thumbs up, middle or down – how easy was it for you to trust?



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How it works – simply explained

- 1 You work in pairs. One is **blind** (blindfold), the other is the **guide**.
- 2 The guide may **not touch**, only speak.
- 3 The guide leads through the course: over the bench, through the hoop, around the cones.
- 4 Whoever is blind may call **"Stop!"** at any time. Then everyone stops immediately.
- 5 At the finish: blindfold off, swap roles.

 **Example:** "Three more small steps straight ahead. Stop! Now there is a bench in front of you. Lift your right leg ... and over."

Safety

- Obstacles no higher than the knee, no stairs, nothing sharp.
- A leader always walks along in the course.
- "Stop" applies immediately – to everyone.
- Nobody has to be blindfolded. Anyone who does not want to can simply close their eyes or be the guide twice.

Variations

- **For younger children:** the guide may lead by the shoulder, shorter course.
- **For older children:** sounds only instead of words (clap = left, snap = right), or against the clock.
- **Outdoors:** use trees, roots and logs as natural obstacles.

Questions to think about

Who do you trust in everyday life without noticing? What makes a good guide?