

Confidence course

3 steps to the activity realisation



Step 1 – preparation phase

Distribute objects as obstacles in the room, for example chairs, tables, books, pens etc.

Perform the exercise with two people.

The young people form pairs. You can designate the couples so that the young people can build new relationships, or you can let them choose their own partners.

Step 2 – activity phase

Explain that one person as the “driver” will lead the other person as the “runner” through an obstacle course. The “runners” will have their eyes closed or be a blindfold and need to listen very carefully.

Now, “Runners” close their eyes. The “Drivers” stand next to their runners and now give verbal instructions to get from one side of the room to the other. Then the partners swap roles and go back in the other direction.

Step 3 – wrap up phase

Now discuss the following questions with the young people:

- V How did it feel to trust each other blindly?
- V Did you trust your partners?
- V How did you do the job successfully?
- V Can you think of any situation in every day life, when you need to trust someone, “blind”. Can you give an example?
- V Can you name a person, whom you trust most?
- V Can you name a person, whom you trust the least? What would happen to gain your trust?
- V What does it feel like, when someone trusts you?
- V Have you ever betrayed someone’s trust? If yes, explain what happened? How did you feel? What happened later?
- V What would you do differently today?



Type of activity:
Confidence course

Value of the activity:
Understand the importance of trust in building positive relationships

Timing:
preparation: 15 min.
implementation: 60 min.
checking learning progress: 30 min.

Activity follow-up:

Other value case box components:
Material: obstacles in the room - e.g. chair, ball, stones, book, pen, ...

Blindfolds (optional)

Exercise to be implemented in a trustful atmosphere

Value quoted:

Your notes:

- V ...
- V ...
- V ...