

# Cooperation Trust Walk

**Type of activity:** exploring in the house or garden

**Who is it for?** Older children and adults - in pairs



## What do I need?

- A scarf to make a blindfold
- Care, trust, ability to listen to instructions and to speak clearly.

## Links to the Sustainable Development Goals

This activity links to the Sustainable Development Goals 16 Peace, Justice and Strong Institutions and 17 Partnerships. Find out more here

<https://www.un.org/sustainabledevelopment/sustainable-development-goals/>

## Introduction

What does cooperation mean? A simple definition is 'to work together to achieve a common aim' and we need this every day of our lives! Some things we can achieve on our own, but there is so much more we can do if we work well together! This activity helps practice some aspects of cooperation - so, you are about to explore your garden in a new way! (If you have no garden, it is possible inside but extra care is needed.) You will have to cooperate, talk to each other and listen carefully to do this activity. It is quite a challenge and you will need to think what the other person needs.

## Here's how to...

- Blindfold one person - this person is the **Explorer**, and the other person is their **Guide**.
- The **Guide** holds the **Explorer's** hand and checks that they feel comfortable.
- The **Guide** then slowly leads the **Explorer** on a route round the garden explaining when to move left or right, up or down, bend down (to go under a tree maybe); you can ask them to stretch out a hand and touch a flower or leaf or stand still and listen to sounds they can hear. Make sure your instructions are clear and ask your **Explorer** what other instructions would be helpful and how they feel. If you do your job well, your **Explorer** will begin to feel more confident and trust your help.
- When you return to your starting point take off the blindfold and have a talk about:
  - **Explorer** - how did it feel at first? What did your **Guide** do that helped you or was unhelpful? Did your trust in them grow? How did you become more confident? What did you enjoy?
  - **Guide**: - how did you feel at first? How did you know what the **Explorer** needed? Did you become better at explaining? What did it feel like having the responsibility of looking after another person? What did you enjoy?



Find out more about Cumbria Development Education Centre (CDEC) at [www.cdec.org.uk](http://www.cdec.org.uk)

- Then swop over roles becoming a new **Guide** and **Explorer**.
- Once you have both had a try talk about: what skills have you learned here that might help you work together on a different task (eg if you were making something together or working on a project at school?)



### **What now?**

You can make the challenge trickier! Try: the **Guide** using only spoken instructions, no physical contact; or by working out a series of signals (eg 1 clap turn left, 2 claps turn right, whistle - go forward, stamp - stop etc).

**REMEMBER YOU ARE IN CHARGE OF EACH OTHER'S SAFETY - TAKE CARE!**