

# LOST SHOES

**OBJECTIVE:** To build trust and communication skills.

**Items Needed:** None

Ask everyone in the group to take off his/her shoes and put them into a big pile. Blindfold a volunteer. Mix up the shoes in the pile. Have the rest of the group members try to verbally direct the volunteer to his/her own shoes. Only verbal directions may be given – no touching, guiding, or moving of the shoes. When the volunteer finds his/her own shoes, he/she must put them on while still blindfolded.

**VARIATION:** Divide the group into two teams and time each group as they guide their own team members through the shoes.

## DISCUSSION IDEAS:

1. How did you feel when you were the blindfolded person?
2. Would it have been easier to find your own shoes without help when you were blindfolded? Why or why not?
3. Was the teamwork effective in this activity? Why or why not?
4. Do you rely on others to help you in your own life? How or why not?

