

# Running Free

---

Time Required: 20 minutes

This trust building exercise requires nothing more than a few blindfolds and a large, flat area- preferably with grass. The group leader can either team people up or allow them to pick their own partners. Once everyone is in teams of two, one team member will be designated as the leader and the other as the follower. The follower must wear a blindfold. The group leader will instruct the leaders in each team to hold the hand of their blindfolded partner and take them on a slow walk around the area for at least 3 minutes. This will allow the partners to get accustomed to the process and their partner. After three minutes, instruct the teams to take a normal-paced walk for three minutes. After those three minutes are up, instruct the leaders to take their blindfolded partners on a fast walk for thirty seconds. After each turn, the blindfolded partner is developing more and more trust in their seeing partner. Instruct the leaders to take their blindfolded partner on a 30 second jog, then a 15 second run, and lastly, a very fast 15 second run- with breaks in between. After the last run, the follower can take off their blind fold and rest for a bit with their partner before the process begins over again and the followers become the leaders and vice versa. After the last run, a discussion can be had about the process, whether or not it was difficult for participants to trust their partners and if so/not, why?