



## Outdoor activities resources

Time: 20 minutes | cost: £ | location: outdoors

yha

# On the flipside

Use your senses to see nature from a different perspective.

### You will learn

#### To value the outdoors

Enjoy being outside, feel comfortable in nature, and feel connected to the natural environment.

#### To be a team player

Learn to work better with others, achieve shared goals, and put the team first.

### Before you begin

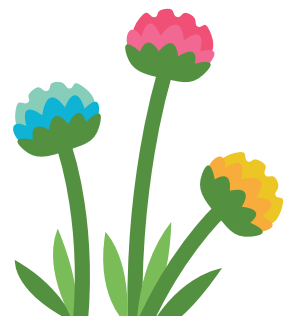
Choose an appropriate outdoor area for this activity. If you're going to meet there (rather than at your usual meeting place), make sure parents and carers know exactly where you'll be and what time to drop off and collect everyone.

### Play the game

- 1 Everyone should gather at the agreed place.
- 2 The person leading the activity should explain any specific safety arrangements for the activity. For example, does the place you're using have any hazards people need to be aware of? Are there boundaries on how far people can go? Where will the grown ups be?
- 3 Everyone should get into pairs. It's up to you whether you let people choose their partners or whether you choose pairs you know will work well together.
- 4 One person in each pair should tie their scarf over their eyes to make a blindfold.
- 5 The other person in each pair should guide their blindfolded friend somewhere interesting and position them in a way that captures a unique view. For example, they could ask them to lie down looking up at the base of an oak tree, or they could position them so they're looking through their legs at a planter that's behind them.



- scarves or similar



- 6 Once they're in position, the blindfolded person should feel, smell, and listen to everything around them. Can they work out what they're looking at?
- 7 Now each pair swaps roles and it's the other person's turn to put the blindfold on.

## Reflection

Time	Activity
5 minutes	This activity was about valuing the outdoors. Ask everyone to say three words about the nature they experienced. What feelings did you have when being led? When the view was revealed?
	This activity also gave everyone a chance to think about what makes a great leader. What did you value from your partner?

## Change the level of challenge

The person guiding their blindfolded partner could lead them with worded directions only.

Challenge people to rely on their other senses to guess where they are correctly before they remove their blindfold.

