

#Together

# TRIALS AND TRAILS

These activities are perfect for groups of varying ages and abilities to work together as a team while having lots of fun!

**THINK INC**  
Use different textures of rope or cord for those with visual impairments.

## Night ride

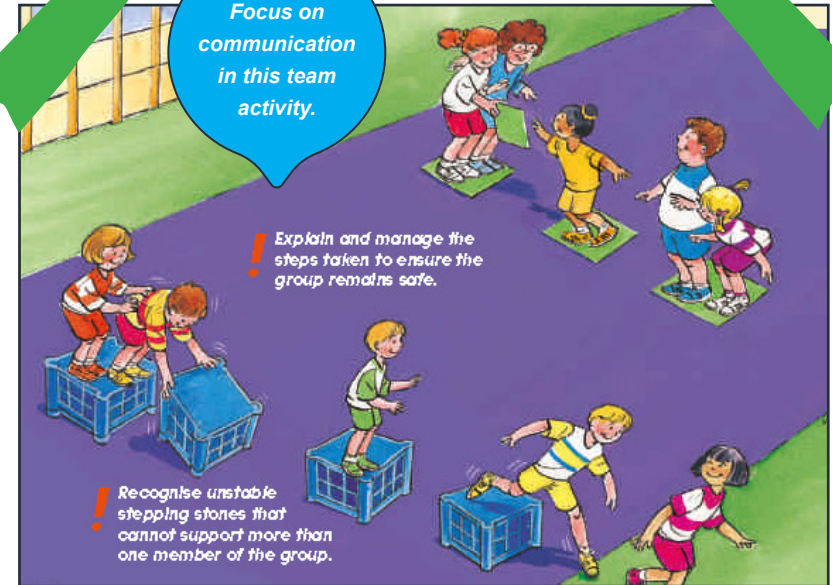
**What you need:** something to walk along, through or over, some rope or cord and a blindfold.

**Remember:** ensure there's enough space around all participants and encourage young people to support their partners physically.

**How to play:** create a trail using a rope or cord. Put on blindfolds and guide young people to the start of the trail. Follow the trail carefully, in silence, holding the cord. Use your other hand to feel for obstacles and make your way to the finish line.



Focus on communication in this team activity.



## Crossing the swamp

**What you need:** Any equipment to climb on or use as stepping stones such as pieces of cardboard or cushions.

**Remember:** it's not a race! Explain and manage the steps taken to ensure the group is safe. Recognise where any stepping stones are unable to support more than one member of the group at a time.

**How to play:** transport your team and the equipment to the other side of the swamp without getting their feet wet. If anyone falls into the swamp, you must return to the start. Finish with all the equipment on the other side.

