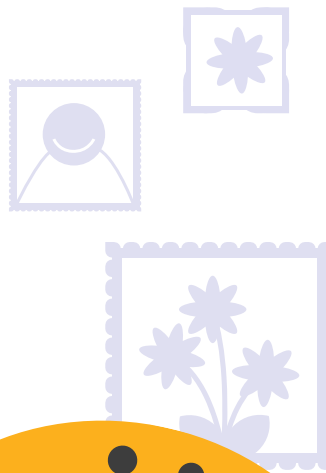


NIGHTLINE

Follow a string trail set up around your house or garden while blindfolded, utilising your other senses and communicating dangers to others.

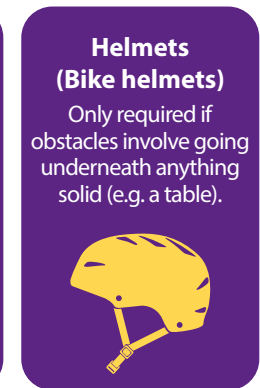


Set-up: 15 mins Takes: 20 mins

Where? Indoors/in garden

Who? Ideally a small group of 2 or 3

You will need:



Safety

Wear helmets if hazards have been created that might cause head collisions. Children should remain supervised throughout to avoid colliding with items while blindfolded.

How to set up nightline

- 1 **Grab a length of string, rope or ribbon.** You can tie together different types to make one long line.
- 2 **Find an area either indoors or in the garden and devise a course.**
- 3 **Tie the string to secure points such as door handles, table legs or banisters.**
- 4 **Create obstacles to overcome** on the course such as cushions to be stepped over or a cardboard box to navigate

Nightline activity

- 1 **Blindfold the participants, ideally without them having seen the course.**
- 2 **Each participant should have one hand on the string and the other hand on the shoulder of another participant, if they have someone in front of them.**
- 3 **Start the course.** The blindfolded leader at the front, should warn those following about any obstacles that they encounter.
- 4 **If there is more than one blindfolded person** it is good to switch who is leading to encourage the communication of obstacles from all participants.

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Review and Reflection

Removing the sense of sight encourages the participant to rely more on the sense of touch and sound. It promotes a better understanding of spatial awareness.

Once the activity is complete, it is good to return to the start and get the participant to re-follow the course with the sense of sight to see how different the course feels.

Here are some questions to help you reflect on this activity. We use this kind of reflective exercise to get the most out of the activities at our centres.

How long did the course feel?

Could you work out where you were in the house/garden at each point?

How did it feel to rely on your senses of touch and sound instead of sight?

If you were doing it with others, do you think you communicated well?

Share what your activity with us at
#outdoorcentresathome