

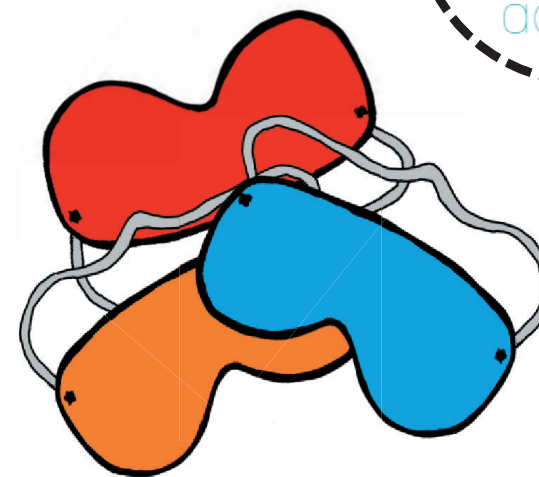
ACTIVITY CARD 5



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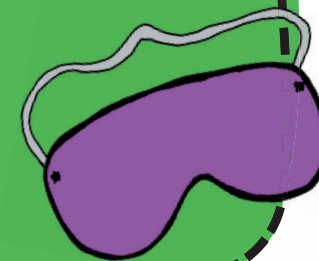
BLINDFOLD TRUST

IMPORTANT: It is important that you think about safety with this activity.
Ensure the blindfold isn't tied too tightly around the head, and make sure you think carefully about the course.
Do not use stairs or any dangerous obstacles and ensure the course is clear of any other hazards.

- The aim is to undertake an accompanied blindfold walk with a partner.
- One person wears a blindfold and should not be able to see.
- The other person guides the blindfolded person around a course by communicating with them from a short distance
- The course could be an obstacle course you have created yourself or a route around your home or garden.

You will need:

- something to use as a blindfold (scarf, eye-mask etc)



ACTIVITY CARD 5



You will need:

- something to mark a line

SPEED BOUNCE / TAP

- Find a space where you won't knock into anything or anyone.
- Mark a line on the floor using tape, a stick or a rolled-up towel.
- Try to bounce from one side of the line to the other and then back again. How many bounces can you do in 30 seconds?
- Why not try jumping side-to-side or front-to-back?
- You can also do this activity sat in a chair or on the floor and tap each side of the line with your feet or hands.
- If you are a wheelchair user, you can try to move the front of your chair over the line from side-to-side as many times as possible in 30 seconds.

You will need:

- 5 – 10 soft toys / cushions
- “gold rock” item of choice

ALIEN INVASION

- Mark your start point and place another marker at the other side of the area.
- Place some soft objects (soft toys / cushions) across the area between the start and finish point. These are aliens who have come to Earth to steal the “gold rock” (your chosen item).
- Can you carry the “gold rock” using your hands, from the start point, to the other side and back again? Try to avoid the aliens, as they will steal the “gold rock”!
- See how quickly you can get from one side to the other and back. Can you try to beat your own time?