

MINEFIELD

WHAT TO SAY

Communication is important and high-stakes. It can help things go well, when we communicate clearly, calmly, and with intentionality and thoughtfulness behind our words and actions. It contributes to building healthy relationships.

It can also lead things to go badly when we communicate impulsively, without patience, and without thought. In this case, it can damage friendships and relationships. What and how we choose to communicate is important and within our personal control.

WHAT TO DO

Prepare a play space (think about safety - grass is best) with random obstacles (e.g., turned over chairs, books, sports equipment)

Form pairs or teams of 3-4. You can divide the mine field into sections so that each member of the team takes a turn providing instructions, depending on the number of students at your site.

Blindfold one player from each team and have him/her stand at one end of the playing space. The other players 'guide' their blindfolded teammate through the mine field by providing verbal instructions.

Players giving instructions are not allowed to touch the blindfolded player or any of the obstacles

WHAT TO ASK

What did good communication look like in this game? (pull for clear instructions, one at a time, slow and patient, feedback, not criticising or blaming)

What did poor communication look like in this game? (pull for lack of clarity, too many at once, too fast, impatient, absence of feedback)

What made it hard to communicate clearly? To provide feedback? To remain patient?

What makes it hard to communicate clearly in other settings, like at school, at home with family, or with friends and peers?

Did blindfolded players find certain types of communication helpful? Hard to follow?

COMMUNICATION