

Region 2 Icebreaker

Blindfolded Centipede Obstacle Course

Directions for set up and supplies

The number of participants can vary depending on number of officers or competing members.

Select 4 officers to be the centipede and 2 officers to call out directions.

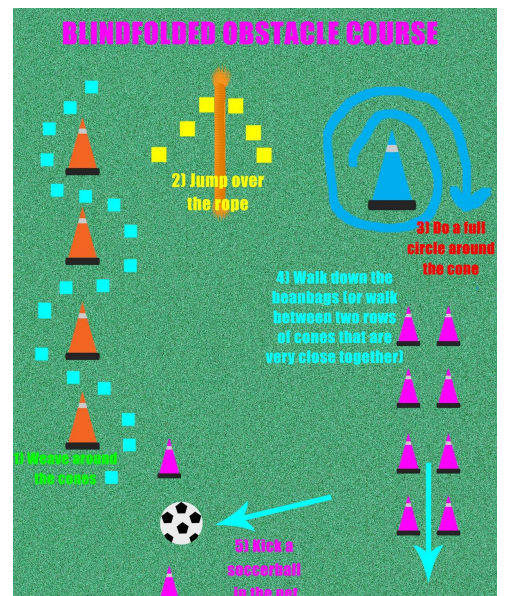
Set up your obstacle course. Below is a picture. We will set ours up in 4 courses that are straight lines instead of a "circle".

Each team will need (provided by the host school or officers):

- 4 blindfolds
- 15 cones (paper cones will work!)
- 1 ball or balloon
- Rope (held up by 2 volunteers about 12" off the ground) or supported between 2 cones.
- Timer - Phones work?
- A megaphone or "start" signal or blast horn

Instructions:

- 1. Direct the competing centipedes to put on the blindfold and hold hands. The 2 officers or members calling out directions cannot be on the course but must stay at the finish line. All teams can talk and centipedes can talk together**
- 2. When all teams are blindfolded and have hands clasped. Say, on your mark....Get set Go!**
- 3. This activity can be done timed or "head to head" for "wins".**
- 4. Attached is a debrief set of questions for the officer teams to discuss.**



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Obstacle Course Centipede

Questions for debrief

1. What were successful strategies?
2. What was frustrating for the centipedes?
3. What was frustrating for the participants giving directions??
4. What would have helped to improve performance?
5. What is one skill you brought to the “team”?