

# STEMify Low Ropes

## Trust Maze

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### NGS Standards:

Connections to Math  
ESS2 Earth's Systems  
PS1 Matter and Its Interactions

### Time:

Set-up/planning: 3-5 minutes  
Activity/testing: 15-25 minutes  
Group Processing: 5-7 minutes

### Materials:

Trust Maze element; clean  
blindfolds for each partnership

### STEM Themes:

Senses/observation  
Algebraic formula  
Clarity of directions

### Team Building Themes:

Listening  
Participation  
Planning  
Trust

### Permission:

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### Activity Objective

The group will work in partner groups in this challenge. One half of the group will work together to create an original maze. The other half of the group will look away and prepare to be blindfolded. For the activity, one partner will be blindfolded, and will be led with verbal commands of their partner through a maze. The objective is to get all of the blindfolded partners through the maze without bumping into anything, including each other. Repeat with the other half enjoying a newly re-designed course.

### Opening Inquiry

Lead the group in a discussion that will begin the planning/design stage of this challenge by asking a few guiding questions:

- ♦ What aspects of the maze do you need to consider before you begin?
- ♦ How will you get each member through the maze to the other side without having them touch anything?
- ♦ Are there any physical or emotional safety concerns you should factor in to your plan?



### Set Up

*Give the group 3-5 minutes to plan and design an original maze and how they will get their partner through. Repeat. Facilitator: listen covertly for themes you can draw out at the conclusion of the activity.*

—continued—



## Safety in Focus

The primary safety components of this activity are **proper spotting technique and safe verbal commands**. Facilitators should ensure that each blindfolded person is guided verbally through the duration of the activity, including during the wait times. Distractions and moving too quickly are the main causes of incidents, so ensure the group remains task oriented.

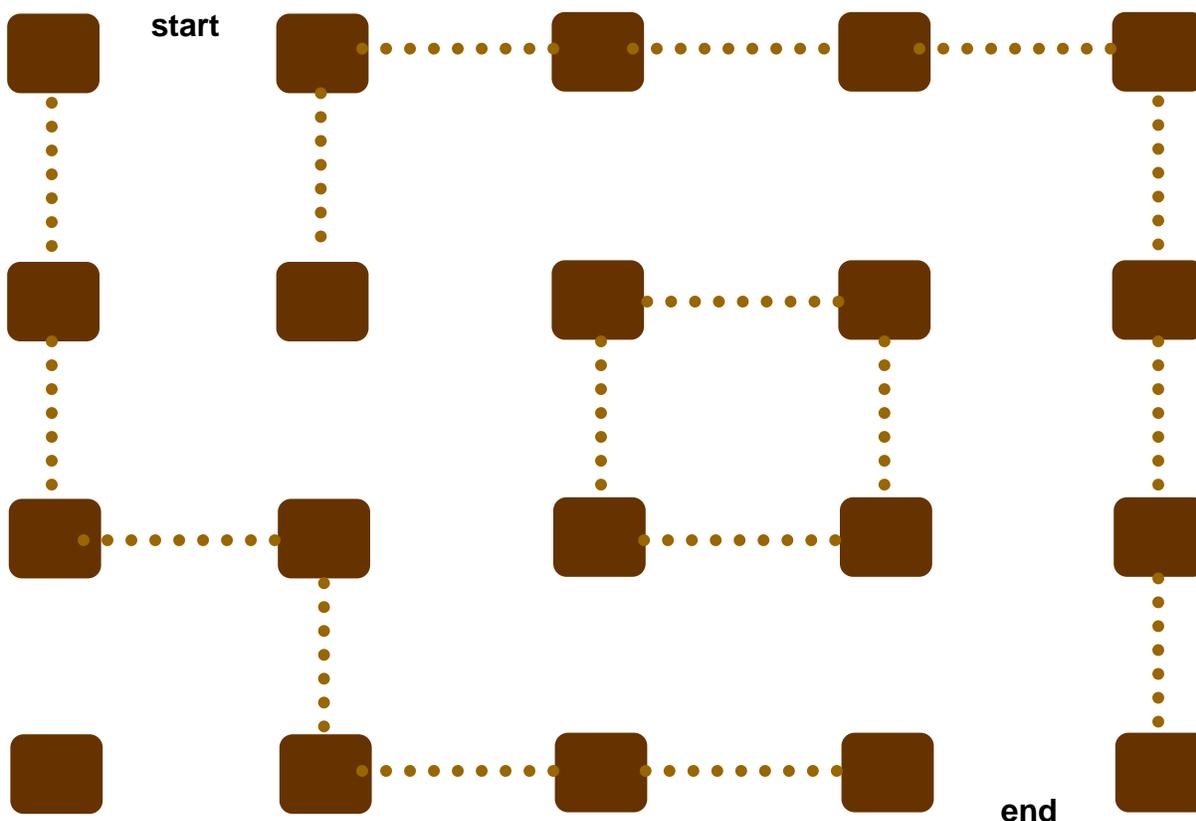
Other rules to share with the group related to safety:

- ◆ Ensure the guiding partnerships have cleaned the course of any likely tripping hazards.
- ◆ Some participants are not comfortable being blindfolded. Allowing them more time so they can see others move through the course successfully may give them increased confidence.

## Procedure Perfect

The perfect group will be conscientious about good listening and safety protocols throughout. They will utilize precise directions and disallow distractive forces from breaking concentration/trust.

The diagram below is a representation of a typical Trust Maze element.



—continued—



## Facilitator Tips

Consider the following as the activity unfolds:

- ◆ Are there any safety concerns you need to immediately address?
- ◆ How many of the participants are fully trusting when blindfolded?
- ◆ What STEM words do you hear utilized by the group in their planning and testing?
- ◆ Does the level of challenge seem about right? Should an *Increasing the Challenge* be added?

## Increasing the Challenge

1. Add a time limit for each round of the activity. If this is chosen, ensure safety remains paramount.
2. Briefly spin the participants prior to starting such that their level of trust/listening is increased.

## Variation

Sometimes participants have a phobia or trauma-induced reason for not wishing to be blindfolded. In these circumstances, often they are willing to just close their eyes and have a similar experience.

## Processing the Activity

Spend 2-3 minutes discussing the following questions before moving on to the next activity:

- ◆ In what ways did your partnership work well together? What might you have done differently?
- ◆ What science and math skills did you use to complete this activity?

As appropriate, review the unmentioned/remaining *Themes* from page 1 to ensure group learning.

## Citation

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