



Oklahoma 4-H Youth Development Program

Building Leaders for Tomorrow

Instilling and developing leadership capabilities in youth and adults.

AGE LEVEL - Beginning

CONCEPT OR SKILL –
Cooperation - compromise

LIFE SKILL(s) – **Heart** – Concern
for Others, Nurturing
Relationships

Health - Managing Feelings

BEHAVIORAL INDICATOR – Don't
accept failure well, sensitive to
criticism.

ACTIVITY 9: “Find Your Tree”

THINGS TO KNOW:

A good leader carefully observes the qualities in others in order to recognize their potential as group members and as possible future leaders. Although it can be difficult, it is important to be able to trust the abilities of other to create a shared bond between peers. Youth need experiences that teach them about trust so that they can have an appreciation for the value of teamwork. This is a trust activity that requires youth to work in partners and use their observation skills.



Materials Needed: Something that can be used as a blindfold. (Risk Management Tip– Because of contagious eye diseases do not share blind folds. Thoroughly wash all blindfolds after use.)

Do: Blindfold one person. Have the other person lead them on a trust walk, holding their hand and directing them around obstacles by vocal instruction. Bring the blindfolded individual to a tree and have them feel all around it. The blindfolded person should take note of how the bark feels, any branches they can reach, leaf shape, any cuts or marking in the trunk, the soil and plants growing at the base of the tree. The person should then be led away from the tree; the blindfold removed; and then instructed to try to find their tree. Repeat with the other person blindfolded. A variation, involving a higher level of trust, is to help the blindfolded find their way by voice alone (no touching) or by gentle hand guidance (no talking). This activity can be adapted for the indoors. It is more fun when there are interesting obstacles and things to identify. If space allows you can even have an obstacle room to lead the blindfolded to. An interesting twist is to have observers/recorders watching the teams. They will have some interesting perspectives to share.

Reflect: 1) How did it feel to be blindfolded? 2) Did you completely trust your partner? How did your confidence change (if at all) when you were no longer allowed to speak or touch your partner? 3) What did the leader do to build the confidence of the blindfolded? 4) As the leader, how did it feel to have responsibility for someone else's well-being and safety? 5) How did you “problem solve” and communicate when unable to direct your partner without the use of touch or voice? Think about if the variable of limited hearing was added to the mix? 6) Be sure the observer/recorders add their perspective to the discussion.

Apply: 1) What situation have you been in where you had to trust someone else? 2) In this activity, you communicated by using limited senses. Can you remember a time when communication was limited and you had to deliver an important message? (No electronics – cell phone, telephone, computer, pager, etc.) How did you get the message to the other person? Was the message accurate when they received it? 3) Name ways to gain and maintain someone's confidence.



Source: Unknown