

# Mine Field

Principle 1: Live Each Day With Courage  
Principle 8: Talk Less and Say More

## Group Size:

6+ participants

## Materials:

\*Objects to use as "mines": Frisbees, balls, cones, cups, etc.  
\*Blindfolds

## Objective:

Members will work in teams to traverse a mine field using only words as instructions.

## Activity:

1. Lay out the mines in the area you have available, the closer together, the more difficult the game.
2. Put participants into partners (it's best if you do it so that it mixes up the group a bit).
3. One partner is blindfolded and the other partner can only use words to instruct their partner to get through the maze of mines to the other side safely.
4. If a blindfolded partner touches a mine, they are done.
5. To make it more difficult, have 2 teams go at the same time to make them concentrate more.
6. If you have time, the partners can switch jobs.

OPTION: As they are making their way across the mine field, move the obstacles around. In discussion, make the point that life is never certain and when life throws you a curve ball, you have to be ready to make tough choices.

**Notes:** A big part of this activity is being very specific with your words when giving instructions. Overly wordy or vague commands make for losing teams. Specific, well-chosen words make for winning teams.

## Discussion:

- How did it feel to be blindfolded?
- What tactics worked best?
- What was difficult about this? What was easy?
- How does this activity represent the Principle "\_\_\_\_\_ "?

## Life Application & Purpose :

- What Principle do you feel you displayed in this activity?
- Any others? Why that one?
- What does that Principle look like in your life?
- Tell me about a time when ...

In life, specific well-chosen actions and words are far more impactful.

