

# ☆ Can You See Me Now? ☆

## Blindfold Games and Activities

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### MATCH GAME

This game requires several hoops with a matching colored ball or cone for each hoop. Scatter the hoops around the playing area. In each hoop place a cone (or ball) that is of a different color than the hoop.

The group will work as a team for this activity. Working in pairs, one player is blindfolded while the other player acts as a guide. The objective is to move the cones from the present position to a cone of the same color. One cone per hoop. The guide may not touch the blindfolded player at any time. Switch roles after each successful cone placement.

### STACK 'EM

Scatter different colored cones around the playing area. Divide the class, assigning each group a color. Have each group split into pairs. Each pair has a blindfolded player and a guide. The task is for each group to collect their colored cones and stack them in a team area. When a cone is brought back and successfully stacked, the pair switched roles. The first group to stack all of the cones wins the game and is named Master Stackers! Or set a time limit with any group accomplishing the task before time is up being declared "winners". This may also be done as a cooperative class activity.

### BLINDFOLD SLALOM (Steve Grineski, PE Central)

This is a small group game/relay (3-4 players in a group). Blindfold one player in each group. The other players serve as guides but may only communicate through the sound of clapping. Set up a line of cones in front of each group. On "go", the blindfolded player is guided through the zig-zag course by the sound of the team's clapping. When the course is completed, a new player is selected to be blindfolded.

### BERRY PICKING (This was a field day activity with a service to others theme.)

One way to help others is to donate time doing chores, such as collecting food. In this case, the players will be collecting "berries" to be used in pies and other food being cooked for the local homeless shelters and elderly. The trick is: some

of the players will be blindfolded! The objective is to fill up the buckets with "berries".

- Split the group into pairs.
- Each pair starts at a "home base" with a bucket. One player from each group is blindfolded.
- The blindfolded players are guided by their partners to where the berries are located.
- The guides may not touch the blindfolded player, using only audio cues to help guide.
- Scatter the berries (tennis or whiffle balls) around the playing area.
- Place obstacles throughout the playing area to make the activity more challenging (optional).
- Only one berry may be picked at a time (they are large berries). After being picked, the guide directs the blindfolded player back to the bucket where the berry is dropped off.
- When the berry is in the bucket the blindfold is taken off and roles are switched.
- Give the class a time limit to pick all of the berries!

### SAFETY BUBBLE

Divide the class into smaller groups (5-6). Each group circles one of its own players. The player in the middle of the circle is blindfolded. Establish a trail the "safety bubble" must travel with the blindfolded player remaining inside. Placing obstacles on the trail will increase the challenge level and is optional. Give each group a time limit to complete the course.

### BLIND BOWLING

This is a good game for handicap awareness. Set up a bowling game with pins and an "alley". Before bowling, the player must turn around 3 times. His/her partner helps to direct with verbal signals or some unique sound such as a bell or whistle.

### HULA HOOP SCOOTCH

Divide the class into smaller groups (4-5). Give each group "home base" located on the perimeter of the playing area. In the middle of the playing area scatter hoops, 1 for each group. Designate 1 player from each group to stand in the team's hoop. Blindfold each of the players in the hoops. Turn the blindfold players around 3 times. Without leaving the home base area, each team guides their hoop player back to "home base". The blindfolded player must remain in the hoop "scootching" along (shuffle the feet). Upon reaching the home base area, the player takes off

the blindfold. Each member of the group takes hold of the hoop with one hand and the team runs around the playing area. The first team to reach their home base wins the round. A new round starts with new players in the hoops.

Variations:

- Change the team locomotor skill (i.e. skipping instead of running).
- The team performs 5 push-ups together while balancing the hoop on their heads.
- The team puts the hoop on the ground. Every player steps into the hoop. The hoop is brought up over the heads and placed on the ground again. This is performed 5 times.

### OVER THE SHOULDER (Chip Candy, NJ)

This is a partner activity. Blindfolds are optional. One player stands with a ball in hand. The partner kneels behind and places a bucket. The standing player tosses the ball over the shoulder, trying to make it land in the bucket. If the ball goes in, the pair scores 100 points and switch roles. If the ball does not go in, the standing player may not turn around. His/her partner either repositions the bucket or indicates verbally any adjustments the tossing player may need to make in order for the ball to land in the bucket.

### MASTERMIND (field day version)

This is a partner activity. Give each group 2 sets of colored objects (3-4 different colors/set). Sitting back to back, 1 player sets up a pattern of three colors. The other player must try to guess the pattern. The player setting up the pattern may not reveal the order but instead answers by telling how many colors are in correct order. For example, if the player's pattern is red-blue-yellow and his/her partner guesses blue-red-yellow. The player would respond with one is correct (yellow). After which the player would guess another pattern. When the player guesses correctly, the roles are switched.

Level 1: 3 colors red-blue-yellow

Level 2: 4 colors red-blue-yellow-green

Level 3: 5 colors red-blue-yellow-green-orange