

ACTIVITY BASED ENGAGEMENT 006
MAY 2019

WHAKARONGO MAI

When young people face challenges it is important that they are surrounded by people they trust who can give them advice. Young people may have different fears and challenges but all obstacles can be overcome when they know who they can go to, who to talk to, and what support to listen to

What age group is this appropriate for?

10 years and older

Where should it be done?

Indoor or outdoor

What group size?

Small team or pairs

How much time is needed?

10 minutes to explain the activity

5 minutes for each game

Resources required:

7 Blind folds (one per pair)

Hula Hoops

Treats

Whistle (for facilitator)

A large safe space

Directions:

- 1) The facilitator can create different activities or goals for the pairs such as getting the blindfolded person to a hula hoop (safety zone) to pick up a treat, or find the facilitator.
- 2) Each pair starts at a starting line.
- 3) One person per team puts on the blindfold.
- 4) When the facilitator blows the whistle, the person wearing the blindfold leaves the start line, while the other person stays behind the line using verbal instructions only to help their team mate reach the agreed goal (e.g. reaching the hula hoop).
- 5) The game can be done over and over again with the pairs swapping between being blindfolded and being the caller.

Outcomes:

The act of being blindfolded can trigger uncertainty and confusion and can lead some to feel scared and insecure. Having a trusted partner and the prospect of a reward helps young people overcome their fears; this is achieved by listening and knowing they are safe to venture out of safety. After this activity have a korero about what motivates them to achieve their goals, and who they can turn to when they need help or guidance.



PURPOSE OF THE ACTIVITY:

OVERCOMING CHALLENGES

Our tamariki and rangatahi face many challenges which can prevent them from achieving their full potential. Some tamariki may feel overwhelmed by different voices telling them what to do.

Knowing there are people they can trust, and give them good advice or guidance is vital.

For more information about the roles and responsibilities of The Office of the Children's Commissioner, visit our website at www.occ.org.nz