

Title of the activity : Paradise of Senses

For whom: 6+

Duration: 30 min

Number of players: minimum 12 people who are divided in 2 groups

Place: inside

Characteristics:

- fun
- practical

Type of game: trust game

Educational interest:

- helping to develop the senses
- increase the level of trust in others
- develop orientation skills

Materials:

- big space, paper tape (3-4 rolls), bowls/plates – around 20-30, ingredients (eatable – on your choice, make sure their names contain the letter “L” or “R”), candles, aromas, wet tissues blindfolds

Goal of the Game:

The purpose of the game is to find the exit of the labyrinth, being blindfolded and supported by a “good angel” (another participant), focusing on the information received through senses.

Method:

Mark the place (minimum size is 6 m width and 10 meters length, but the bigger the better). Create labyrinth with paper tape (making several rows of horizontal and vertical line and creating crosses between them).

On the line crosses you need to place small bowl or plate with ingredients.

There is a specific way to place bowls; you need to create a path to go through for participant who will be blindfolded. Ingredients inside bowls should tell to participant which direction he/she should go.

Ingredients will tell direction with the letter consisting in their names. To go LEFT – letter “L”, to go RIGHT – letter “R”, without “L” and “R” – to go straight. If name of the ingredients will have both “L” and “R”, then first one decides direction.

For example: in the bowl we place “lemon”, should go left, place “paprika”- should go right, place “tomato” – go straight and if place “garlic” – go right.

Ingredients should be recognized by smelling, touching and tasting, without looking. All ingredients should be eatable somehow, but necessary tasty.

You need to say to participant that the path is over when he/she finds a taste of chocolate. That means that at the end, you need to place chocolate.

The way the participants will move through the labyrinth is on their knees and will follow the tape line on the floor until they reach the cross where a bowl is placed and from there will get the direction depending on the containing ingredient.

Also, is very important to provide assistance for participants (if they lose direction or completely don't know what the ingredient is). After some participants finish experience, they may become "Good Angels" and assist others.

At the same time is not recommended to let more than 3 participants to be at the labyrinth in the same time, in order to avoid disturbance and keep nice atmosphere.

Some hints:

When preparing this game for adults, make a nice atmosphere with candles and some aromatic oils or so, turn off all the light and cover window with curtains.

Inform participants that they have to keep clean one of their hands for tasting ingredients, also provide wet tissues to clean hands after some ingredients (such as ketchup/oil)

Reflection and Evaluation

Debriefing:

After the game is important to have a debriefing time focusing on:

- * Feelings – How comfortable did you felt in this role/ being blindfolded?
- * Which was the most difficult moment?
- * What surprised you the most?
- * How important was for you to have a "good angel"?

Link or Picture:

