

1. Activity title	Heightened Senses Trust Walk		
2. Target group	Ages 13 - 19		
3. Duration	30 minutes		
4. Learning Environment	A safe and spacious outdoor or indoor area		
5. Learning outcomes	The objective of this trust walk learning activity is to enhance participants' awareness of their surroundings and develop trust within a group and accept help to overcome uncertainty. By relying on their senses and building trust through effective communication, participants will deepen their awareness and perception of the environment.		
6. Subjects and topics covered	SEL Workshop – body-mind perception and emotions		
7. SEL competences	<table border="0"> <tr> <td style="vertical-align: top;"> <p><u>PERSONAL</u></p> <p><input checked="" type="checkbox"/> Identifying and expressing emotions</p> <p><input checked="" type="checkbox"/> Self-regulation</p> <p><input checked="" type="checkbox"/> Identifying strengths/self efficacy</p> <p><input type="checkbox"/> Growth mindset</p> <p><input type="checkbox"/> Wellbeing</p> <p><input type="checkbox"/> Dealing with negative emotions</p> <p><input type="checkbox"/> Flexibility/resilience/problem solving</p> </td> <td style="vertical-align: top;"> <p><u>SOCIAL</u></p> <p><input type="checkbox"/> Empathy</p> <p><input type="checkbox"/> Appreciating diversity</p> <p><input checked="" type="checkbox"/> Relationship building</p> <p><input type="checkbox"/> Collaboration</p> <p><input type="checkbox"/> Conflict resolution</p> <p><input type="checkbox"/> Ethical and responsible behavior and decisions</p> <p><input type="checkbox"/> Dealing with negative relationship such as bullying</p> </td> </tr> </table>	<p><u>PERSONAL</u></p> <p><input checked="" type="checkbox"/> Identifying and expressing emotions</p> <p><input checked="" type="checkbox"/> Self-regulation</p> <p><input checked="" type="checkbox"/> Identifying strengths/self efficacy</p> <p><input type="checkbox"/> Growth mindset</p> <p><input type="checkbox"/> Wellbeing</p> <p><input type="checkbox"/> Dealing with negative emotions</p> <p><input type="checkbox"/> Flexibility/resilience/problem solving</p>	<p><u>SOCIAL</u></p> <p><input type="checkbox"/> Empathy</p> <p><input type="checkbox"/> Appreciating diversity</p> <p><input checked="" type="checkbox"/> Relationship building</p> <p><input type="checkbox"/> Collaboration</p> <p><input type="checkbox"/> Conflict resolution</p> <p><input type="checkbox"/> Ethical and responsible behavior and decisions</p> <p><input type="checkbox"/> Dealing with negative relationship such as bullying</p>
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8. Method / Didactic techniques	Peer collaboration, Debriefing		
9. Tools / Materials / Resources	1. Blindfolds or eye masks 2. Optional: Obstacles or objects to enhance the experience		
10. Detailed description of the step-by-step description of the activity /	1. Introduction and Preparation: a. Gather the participants and explain the purpose of the activity—to foster awareness and trust.		

<p>sequences of the units</p>	<p>b. Create pairs of participants, ensuring each pair consists of one blindfolded participant and one guide who will lead and assist the blindfolded participant throughout the exercise.</p> <p>c. Distribute blindfolds or eye masks to the blindfolded participants.</p> <p>2. Set Up:</p> <p>a. Choose a designated starting point for each pair. Make sure the area is safe, free from hazards, and offers enough space to move around.</p> <p>b. Optionally, arrange obstacles or objects in the path to add an extra challenge and require additional communication between the guide and the blindfolded participant.</p> <p>c. Provide a clear endpoint or destination for each pair to reach.</p> <p>3. The Trust Walk:</p> <p>a. Instruct the guides to gently guide their blindfolded partners and ensure their safety throughout the activity.</p> <p>b. Ask the blindfolded participants to remove their visual sense by putting on their blindfolds.</p> <p>c. When all participants are ready, have the guides gently lead their partners to begin the walk.</p> <p>d. Encourage the blindfolded participants to focus on their other senses, such as hearing, touch, smell, and spatial awareness.</p> <p>e. Remind the guides to communicate effectively with their partners, providing clear instructions and updates about the surroundings.</p> <p>f. Emphasize the importance of trust and cooperation between the partners.</p> <p>4. Debriefing and Reflection:</p> <p>a. After completing the trust walk, gather the participants together for a debriefing session.</p> <p>b. Encourage participants to share their experiences, challenges, and any discoveries they made during the activity.</p> <p>c. Prompt reflection questions to guide the discussion, such as:</p> <ul style="list-style-type: none"> - How did relying on your other senses affect your perception of the environment? - How did effective communication between the blindfolded participant and the guide contribute to trust and awareness? - Did you face any difficulties during the activity, and how did you overcome them? - How can you apply the lessons learned from this activity to real-life situations that require heightened awareness and trust? <p>5. Key Takeaways:</p>
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	<p>a. Summarize the key points and lessons learned from the activity, emphasizing the importance of awareness, communication, and trust.</p> <p>b. Encourage participants to apply these lessons to their daily lives, such as being more attentive to their surroundings, actively listening to others, and building trust in their relationships.</p> <p>Ensure participants are comfortable with the blindfolding aspect of the activity. Provide alternative options or modifications for anyone who may have reservations or discomfort with wearing blindfolds. Safety should always be a priority, and participants should have the option to opt-out if they feel uneasy at any point during the activity.</p>
11. Extension / Take home activity	<i>no</i>
12. Feedback & assessment	Debriefing and reflection
13. Intellectual property rights (IPR) / Origin of the activity	CC Attribution-NonCommercial-NoDerivatives 4.0 International / Università Ca' Foscari Venezia