

MINDFULNESS PRACTICE #7

Title: Obstacle Course

Skills: Describing Effectively; Mindfulness of Others; Coaching Behavior

Tell participants that they will be paired up, one will be the leader and one will be the follower. The follower will close their eyes and the leader will lead them with verbal commands to get through the room to a chair on the other side. If the follower touches any obstacle, including anyone other than their leader, the pair goes back to the beginning. Before you start, place some obstacles in the path, making sure that it is actually possible for everyone to get through the spaces. You can either have the follower hold on to their leader, or restrict the leader to verbal instructions.

