









Run of Trust

	<p><u>time frame:</u> ~ 15 min</p>
	<p><u>location:</u> in- and outdoors</p>
	<p><u>participants:</u> middle sized group, 10-14 people</p>
	<p><u>material:</u></p> <ul style="list-style-type: none"> • This exercise needs a large clearway (grassland) with flat ground and a minimum diameter of 30 meters. • 1 cloth/ scarf to blindfold one participant
	<p><u>procedure:</u></p> <p>One participant gets blindfolded and has to run as fast as he can. The other participants` task is to follow the running participant and stop him at a certain point or after a certain distance gently in one fell swoop.</p>
	<p><u>goal / purpose:</u></p> <p>The group has to think about a strategy with which they can stop the runner as gently as possible.</p>
	<p><u>Questions for discussion:</u></p> <ul style="list-style-type: none"> - Who is responsible for what? - How can the whole area be safeguarded? - etc.
	<p><u>Source:</u></p> <p>game pool of PFIFF, Hochschule Fulda</p>