



# Nightline

8 participants, plus  
an accompanying  
adult

## Forest Games

**Safety  
Note:**



Always ensure that your playing area is well defined and safe underfoot. At all times blindfolded players must hold one outstretched arm in front of them to prevent head injuries from walking into walls, trees or other players.

### **Night Trail**      **Length: 15-30 mins**      **Resources: blindfolds, rope**

- 1) All players form a line and hold onto a rope with one hand. The other hand is stretched out in front of them. Ensure there is an arm's length of space between each player.
- 2) Only the person at the front and at the back can see. All other players are blindfolded.
- 3) The person at the front is leading the group through open spaces and along some forest trails. They must ensure the groups safety by giving clear instructions and informing them about obstacles, tripping hazards and change of slope. The sighted person at the back must keep the rope tight.
- 4) Players could take turn to be at the front and the back of the rope.
- 5) You could introduce an element of storytelling to this activity and take your group into a mystic world of forest creatures and dragons.

### **Mystery Forest Floor**      **Length: 5-15 mins**      **Resources: blindfolds**

- 1) Divide the group into teams of two.
- 2) All players gather 3 different items from the forest floor without showing them to their partners.
- 3) The players now take turns to be blindfolded. By smelling and feeling both players try to guess what the three items are that their partner collected for them.



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**Meet the Tree**      **Length: 10-20 mins**      **Resources: blindfolds**

- 1) Pick an area with plenty of trees but not many hazards underfoot like nettles, thorny bushes, holes, etc.
- 2) Divide the group into teams of two. One player from each team is blindfolded. Players take turns.
- 3) The sighted partner chooses a nearby tree and directs their blindfolded partner towards it using clear instructions making sure that they warn them and guide them over uneven ground and tripping hazards.
- 4) Once they have reached the chosen tree, the blindfolded partner must feel the tree, describing it using as many descriptive words as possible.
- 5) Then the sighted partner leads the blindfolded partner back to their starting position before removing the blindfold.
- 6) The blindfolded partner must then guess which tree they just met and explain why.

**Pinecone Darts**      **Length: 5-15 mins**      **Resources: blindfolds**

- 1) Mark a start and a throwing line 2m apart and then draw 3 circles (an inner, middle, and outer) on the forest floor 1m away from the throwing line.
- 2) Get all players to collect pinecones and to make a pinecone pile at the throwing line.
- 3) Divide the group into teams of two. One partner is blindfolded in each team. Players take turns.

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### Pinecone Darts

Length: 5-15 mins

Resources: blindfolds

4) The sighted partner must guide the blindfolded partner from the start line to the throwing line, instruct them to pick up a pinecone and direct them to throw the pinecone onto the target on the forest floor. Each player gets three pinecone darts. The inner circle scores the highest points (10/20/30 points).

