

**Preparation:** You will need one packet of construction materials (like card stock, toothpicks, rubber bands, and sticky notes) for each team, blindfolds or scarfs (enough for each participant in the teams), an electric fan and a watch or a mobile phone to keep time.

Ask the group to imagine that you are Arctic explorers trekking across the frozen tundra. Ask the team to elect a leader to guide their expedition. When a sudden storm hits, the team must erect an emergency shelter to survive. However, your leader has frostbitten hands, so they can't physically help construct the shelter, and the rest of the team have snow-blindness and are unable to see.

**Round 1:** Give each team a set of construction materials and ask everyone to wear the blindfolds except the leader. The leader will need to give instructions and the team needs to implement them with their eyes blindfolded. They have only 7 minutes to complete the challenge!

If the group is younger they don't need to use the blindfold and you can give them a bit more time. You can also adjust the difficulty with sturdier construction materials, for example provide a wooden stick instead of toothpicks.

When time runs out, turn on the electric fan - an arctic wind! - to see how successfully they built a shelter that will keep them safe.

**Round 2:** The leader can swap places with someone from the team. Give the team another 5 minutes and have the fan running while the team constructs their shelters.

Ask the participants how they found the challenge for each of the two rounds. Invite them to reflect on how the leader guided them and how committed they felt to complete the task. Explain that sometimes although we are very determined and committed to a cause there are challenges. Can they think of things in their lives that they feel very committed to?

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