

Find Your Mother Like a Little Penguin

Goal: Blindfolded adults and youth try to locate each other by making sounds and listening.

Intention: Youth and adults attempt to connect with each other despite surrounding noise and chaos!

Supplies: Blindfolds for every participant

How to play:

- Ask youth to line up shoulder to shoulder, and then ask adults to do the same, facing the youth.
- Ask everyone to pair up with the person across from them, creating pairs of adults and youth.
- Ask the adults to each come up with their own distinct sound – not words! – which they can repeat throughout the game. It should be a sound loud enough that the youth can hear it, but not so loud that it drowns out everyone else.
- Let the youth know that they will need to remain completely silent throughout the activity.
- Once the youth have memorized the sound their adult has chosen, ask everyone to move around the room. Make sure they mix themselves around and do not follow their partner.
- Once everyone seems nicely mixed, call freeze and then ask everyone, both youth and adults, to put on their blindfolds.
- Tell them that when you say “Find your mother like a little penguin” adults and youth need to try to relocate each other using nothing but their sound.
- Once they have found each other, they can remove their blindfolds, and they should stop making their noises.

Tips for facilitators:

- If you need to mix people a little more, after they are blindfolded you may want to take
- someone and move them carefully and gently to a different location.
- Be certain to keep an eye on everyone while they are moving around blindfolded, and
- remind them to move slowly and carefully.

ORID Debrief:

Objective: What were your obstacles in this activity? Was it challenging, and if so, what made it so? Adults, how did you choose your sound? Youth, was it difficult with all the other sounds in the room? How did you locate each other?

Reflective: How did you feel moving around the room blindfolded? Youth, how did you feel trying to find your adult? Adult, how did you feel?

Interpretive: How was this activity like trying to connect with adults/youth? Do you think it's important for youth and adults to connect with each other? Why or why not?

Decisional: What can you do to make connecting with youth/adults easier for yourself? What can you do to make this easier for others? Is there anything you'll take with you from this game? If so, what?

Optional Debrief: Adults, how was this activity like trying to connect with youth? Youth, how was this activity like trying to connect with adults? What would have made it easier? Is there something you can do to make this easier for yourself to connect with adults/youth in your life? Is there something you can do to make it easier for other adults/youth to connect with you in your life?

Variations:

- Instead of having the adults make the sound, allow the youth to. This variation offers the opportunity to open a discussion about what youth can do to find positive adult role models.
- An easier variation is to allow the youth to repeat the sound the adults are making.
- This is one suggestion you're likely to hear for making the game easier. Feel free to try it if it's suggested!
- Here's a great and slightly more challenging variation:
- Have everyone stand in a circle and take hands.
- One at a time, have each person make their own distinct sound, asking the people on either side of them to memorize that sound. This means each person has three sounds to memorize, the people to their immediate left and right, and whatever sound they come up with for themselves to make.
- Again, have everyone mingle, making sure they mix well.
- Call "freeze," ask everyone to put on their blindfolds, and instruct them to try to form the exact same circle they began with, again, taking hands.
- Ask everyone to maintain silence once they have found their place in the circle and have the hands of the people on either side of them. If they have even one hand free, they need to continue to make their sound so their other partner can find them.