

Toolkit Activity 23: Perfect Square

Activity title	The importance of establishing trust with your mentees
Aim	The aim of this activity is to improve your communication skills.
Related to subchapter	5.3: Integrated Guidance After COVID – What Did We Learn? (Establishing trust and expectations)
Group / Individual activity	Group activity (groups of 4-8 participants)
Duration	30 min
Online / Offline activity	Offline activity
Materials needed	Rope (at least 5 metres long) Blindfolds

Step-by-step instructions:

1. Tie the ends of the rope together and place it on the ground.
2. Ask the participants to stand in a circle. Then blindfold them and ask them to take five steps back.
3. The task is to work together to form a square while blindfolded.
4. The activity ends when the team thinks that they have formed a square. Participants then take off their blindfolds and see the final result.
5. If you have time, you can run the activity a second time and give the team the chance to do better.
6. Evaluate the use of the paraphrasing technique after the conversation.
 - What problems did you encounter during the challenge?
 - Did you identify a leader? How was leadership demonstrated during the challenge?
 - How well did you communicate during the challenge?
 - (If the activity was done in two rounds) What did the team improve on in the second round?
 - What did you learn from the challenge?

Take-away message: This team-bonding activity teaches your team to depend on one another and achieve goals together. In a mentor – mentee relationship it is very important to trust one another and depend on each other to achieve your common goals. This gets even more difficult when this relationship is based on digital communication and not on face to face interactions with each other.