

## The Maze

**Use:** This activity may be used as a workshop, activity at a camp program or class

**Goals:**

Participants will come away knowing:

- The more information you have the better decisions you can make about which steps to take!
- It is dangerous to follow blindly.
- Sometimes it is difficult to make decisions while under pressure.

**Timeframe:** 60 minutes

**Target Age:** middle school age to adult

**Activity:** This game is an analogy for negotiating your way through life. Participants will line up and begin at one block of the map and must make their way discovering the path to the end of the maze. Each time they guess incorrectly they go to the back of the line.

**Procedure**

Supplies:

Masking tape, 2 blank grid maps, two maps with mirror routes drawn to represent maze.

Directions:

Do not let participants see route maps. Divide group into two teams. Assign one person as tape dispenser. Give one person from each team blank grid map and explain they are to make this design on the floor or street, etc to reflect grid design. Each block should be about 1x1 foot so participants can step into grid. Once grids are complete, show participants where “start” and “finish” blocks are located by using the route map. (Important to NOT let participants see map) Assign one person to serve as map reader for each team. They are ONLY allowed to say “Yes” or “No”. Each team lines up at start. Then player one steps into first block. Map reader says yes or no. Map reader will answer yes and so player gets next turn. Player steps forward to side (no diagonal plays allowed) and map reader answers yes or no. If answer is no, player is out and goes to the back of the line until next round. Play continues until all of the team has made it through the maze.

**Background**

The essential skills of critical thinking, planning, and decision-making are needed for cognitive and social-emotional competence and can result in lifelong repercussions. Activities such as The Maze are useful tools in helping teens discover these essential skills.

### Reflection Question

Tell participants this is an analogy for life. When we start out toward a goal, it can be difficult and seem nearly impossible. However, each time we make a mistake and start over, we get through the beginning easier, and most of time we are progressing along the route. When does it get easier? Watching others take steps forward?

- Can we just as easily follow someone down a wrong path?
- How do **you** decide who you follow in your life?
- Are your friends making good decisions?
- If you make a mistake, is it always easy to start over? Why or why not?
- How can we always know where we're heading in life?
- It can be easier to find your way with a map. What might your map to your future look like? What are the steps you need to take to get to your goals?