

Blind and seeing perception

Group exercise

Description

Participants first walk blindly on a rope and then sighted at their own pace through the climbing gym, paying attention to their impressions.

Material/wall

Rope, climbing gym

Therapeutical themes

Mindfulness

Key questions

What did you perceive? What did you see, hear, feel? What differences were there?

Variations

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Tips

The participants who do not dare to keep their eyes closed can blink in between.

A route that is as varied as possible should be selected (e.g. with different ground conditions).