

# **The Bee and Flower**

**This is a fun trust building exercise. For this activity children play the role of bee and flower.**

## **You will need:**

- **Two blindfolds**

## **How to play:**

- **Ask children to make a circle.**
- **Blindfold one child and place in middle of circle as the 'Bee'.**
- **Blindfold second child and place in middle as 'flower'.**
- **The 'bee' calls out "bee" and as soon as the 'flower' hears it he/she calls "flower".**
- **The 'bee' tries to locate the 'flower' through the sound of his voice while the 'flower' has to avoid the 'bee' by following his/her voice.**
- **Children in the group may make buzzing sounds or sounds of the wind blowing to make it a bit harder to hear.**