Activity Description:

Gather your small group of 3-4 students and blindfold one member. Place on a table peanut butter and jelly, two slices of bread, and a plastic knife to spread it with and a paper plate. Challenge your group (and the blindfolded person) three times to make a peanut butter sandwich:

Round One
Simply tell the blindfolded person that it is his or her job is to make a peanut butter sandwich in 90 seconds. He or she will undoubtedly fail without help.

Round Two
Tell the group they can instruct the blindfolded individual, guide him or her toward the ingredients, etc. They cannot touch the blind person or the ingredients, but they can talk to blindfolded person. They might (the chances are slim) meet the goal of 90 seconds.

Round Three
Tell the group they can do anything in their power to help (don’t tell them, but this includes make the sandwich themselves). They are certain to succeed this time.

Discussion Questions (All levels)
1. Which one of these rounds was the hardest? Why?
2. Which round was the easiest? Why?
3. Is there any way that someone who was blindfolded could actually complete the goal without help?
4. Why is it important to help others when they are struggling to complete a task?

Mid-level questions
5. Often we have the tools necessary to complete a task in front of us. Why is it important to utilize the help of others to complete a task and learn how to use those tools?

Upper level questions
6. In looking at your personal career goals or plans, what challenges do you currently face and what resources are out there to help you?

Duration/Length:

15 minutes activity
15 minutes discussion
Tools/Materials Needed:

- Peanut Butter and Jelly
- Two slices of bread
- Plastic Knife
- Blindfold
- Tablecloth
- Paper plate

Partnerships Recommended:

N/A

Developmental Level (e.g. Preschool, Elementary, Middle, College, etc.):

All

Suggestions for Scaling (ideas for use with students of other ages):

See discussion questions.

Standards Covered (NCDA Guidelines, WY C/VE Standards, ASCA Mindsets & Behaviors):
CV5.3.3 Students collect and analyze data to identify solutions and make informed decisions.
CV8.2.3 Career-aware students actively participate as a team member to accomplish group goals while effectively working with diverse individuals/groups.
CV12.2.1 College and career-ready students communicate clearly, effectively, and with reason.
CV5.3.2 Students plan and manage activities to develop a solution or complete a project.
CV12.3.3 College and career-ready students employ valid and reliable research strategies and apply prior knowledge to solve a problem or complete a project.

References/Developed By: