

Closed-Eyes Circle

A simple trust-building exercise in which one participant walks through the space with their eyes closed while the rest of the group ensures their safety. The activity encourages participants to step outside their comfort zone while strengthening collective attention, trust and responsibility.

Objectives

- Build group connection and awareness.
- Explore each person's comfort zone limits.
- Strengthen trust within the group.
- Develop collective responsibility.

Context of use : Beginning of a group working process, artistic residency or collective creation.

Target group / Age range : 10 years and over

Number of participants : 8–20 participants

Duration : Approximately 1.5 minutes per participant

Materials needed : An open, obstacle-free space.

Step-by-step process

1. Ask the group to stand in a large circle, leaving plenty of open space in the middle.
2. Everyone should remain fully focused throughout the exercise.
3. One participant stands in the centre of the circle and closes their eyes.
4. The participant starts walking in a straight line at a speed they feel comfortable with.
5. When they reach someone in the circle, that person gently stops them and carefully turns them back towards the centre.
6. Without opening their eyes, the participant continues walking for about one minute.
7. Repeat the exercise until everyone has had a turn.

Key points / Things to pay attention to

Everyone must remain fully attentive to ensure the safety of the participant walking with their eyes closed. Encourage participants to walk at a speed that challenges their own comfort zone while remaining safe. Keep the atmosphere calm, focused and respectful throughout the exercise.

What it creates / Why it works

The participant in the centre willingly places themselves in a vulnerable position, while the rest of the group takes collective responsibility for their safety. This shared experience quickly strengthens trust, group cohesion and mutual awareness.

Keywords / Themes : Trust building, Group cohesion, Awareness, Self-confidence, Collective responsibility

Reference person / Credits : Developed and tested during the **Places Publiques** programme 2026 by Chloé Kintzler and Simon Moreau.