Tunnel Trail

About the activity

On their own or in small groups, your pupils can discover a series of underground tunnels. The tunnels vary in size and they have various tasks to carry out during their exploration. Completing the tasks will improve pupils' self-confidence, problem-solving skills and teamwork.

Activity aims

The aim of this activity is to:
- Allow each participant to experience tunnel trail.
- Ensure participants work together supporting and encouraging each other.
- Provide an opportunity for participants to discuss what they have accomplished.

Learning outcomes

Upon completion of the activity, participants will have:
- Demonstrated the ability to listen to, understand and act on instructions received.
- An understanding of associated hazards.
- Used their senses to help explore an unfamiliar environment.
- Effectively worked and communicated in small teams supporting their peers throughout the activity and recognising their achievements.
- Contributed to a post activity review led by the instructor identifying what they did well and then suggested ways to improve.

Progression opportunities

Some participants may also:
- Demonstrate how to draw and use plans and diagrams confidently.
- Be confident in leading a group through the tunnels.
- Take the initiative in evaluating their performance and that of the group.
- Be able to assess risks and understand how these may be controlled.

In addition, participants should also have developed in the following:
- Interpersonal communication
- Teamwork
- Confidence in unfamiliar surroundings
- Ability to work cooperatively with others

Associated vocabulary

Words relevant to safety	e.g. boundaries, hazards, personal protective equipment, risk assessment, rules.
Words relevant to the activity	e.g. confidence building, co-ordination, dark, imagination, light, problem solving, teamwork, claustrophobia.
Words relevant to teamwork	e.g. achievement, communication, encouragement, leadership, listening, participation, review, responsibility, support, trust.
Words relevant to communication	e.g. contribution, discussion, decision making, encouragement, instruction, listening, opinion, praise, support, understanding.