**DISCUSSION SUGGESTIONS**

- What did you experience during the activity? What were your physical sensations (e.g. high heart rate, sweaty palms, etc.), feelings (e.g. anxious, excited), and thoughts (e.g. ‘I can do this!’; ‘I don’t want to let my teammates down’)?

- What were you saying to yourself during the activity (for instance, when you hit a ‘mine’)? Was this self-talk helpful and constructive, or unhelpful? Did your self-talk impact on what you did? In what way?

- What strategies did successful teams employ, both as a group and as individuals? Specifically, what thinking strategies did you use? When wearing the blindfold, what was the most important thinking skill/piece of self-talk?

- What did it feel like to surrender control to your teammates? What did it feel like to be in control of your teammate?

- In what way is this activity like real life? In what situations do we have to place faith in both ourselves and in others to successfully make our way through a ‘minefield’?

- How can you bring useful thinking skills from this activity into your everyday life?

- Who in your life can help you get through a ‘minefield’?