

## **Blindfold Instruction Learnings**

- Have a plan
- Instructions are clear, concise and simple
- Have patience/Be calm
- Teamwork
- Instructor be clear on the objectives (preparation)
- Use similar language in your communication/universal language
- Trust your feelings (use the force!)
- Plan specific instructions beforehand
- Observe what cues are working and reinforce
- Make no assumptions
- Give positive feedback