

TRUST WALK



A Trust Walk (also known as a Blind Walk) is meant to teach TRUST to students in an interactive way. A Trust Walk can be a fun exercise for students of any age group.

MATERIALS:

- Blind folds (anything that can be used to cover the children's eyes so they can't see)
- **Obstacle Course** (*Before class, create a "path" or "obstacle course" for the children to walk through - depending on your students level/age, you may add obstacles, too!*)

HOW TO PLAY:

1. Allow students to find a partner or teacher can assign pairs. (To make the activity more challenging and depending on how many students you have, divide the pairs into 2 teams, making sure that both teams have the same number of players.)
2. Blindfold one student in each pair so that each pair has one student who is blindfolded and one who is not.
3. On the count of 3, have pairs hold hands and begin moving through your path. The blindfolded student will trust his/her partner to lead him/her blindly through the path/obstacle course. Pairs should move through the course until they reach a "finish line" or "safe zone."

Once the pair has reached the finish line, they should quickly switch roles and put the blindfold on the student who was leading earlier. Again, they will move through the obstacle course.

4. Whichever pair (or team) reaches the safe zone first, wins!