Trust Walk

Time taken: 30 minutes

Materials needed: Blindfolds, trust

Pairs well with: Family group contract

Social and Emotional Learning (SEL) and Academic skills practiced: Trust, Motor Functioning, Self Awareness, Responsible Decision Making

- **Bring everyone into a device free space and introduce the activity. Introduce the concept of trust and have a positive discussion around these guiding questions.**
  - » Why is trust an important part of a community?
  - » How does it feel when someone doesn't trust you?
  - » What are ways you can show that you trust someone?
- **Divide your group into pairs. Blindfold one of the partners in each pair.**
- **Provide the goal for the non-blindfolded person to guide their partner toward, such as around that tree and back to the start, or to place their hand on that large rock.**
- **Without any physical contact, they must guide their blindfolded partner safely across the terrain.**
  - » As facilitator, keep an eye out for safety.
- **After meeting the goal, switch the blindfold to the other partner.**
- **Try other ways of guiding the blindfolded person:**
  - » No talking, only using physical touch to guide your partner.
  - » Creating a code using animal noises to navigate.

Wrap up and discussion:

- **How did it feel to be blindfolded or to be the guide?**
- **What were some strategies that led to success?**
- **How does this activity translate to everyday life?**
- **What are some ways you can gain (or lose) someone's trust in real life?**
- **How can you show somebody that you trust them?**
- **Why is trust important?**

Extension:

- **Write in your journal about your experience. What are some ways you can earn trust from those around you, or show that you trust the other people in your family or community?**

This lesson is an essential part of a Social and Emotional Learning (SEL) curriculum. Encourage your kids to discuss and reflect, and share it with us on Facebook, Instagram using @cfimoab and #coyotescorner, or by email education@cfimoab.org.

Happy distancing,

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