

## Activity 2:

# Team trust

**The goal of the game is to develop communication skills by safely guiding a partner through a complicated course.**

## Description

- Use chalk or tape to mark a rectangular play area. Be sure to mark a clear start line on one side of the rectangle.
- Scatter objects throughout the play area to create a challenging obstacle course.
- Partner the students or athletes into pairs.
- Ask the players to think of a person they trust in their life.
- The other partner will play the role of “a person they trust.”
- Explain that this is a game in which pairs will need to trust each other.
- Ask for a volunteer from each pair who feels comfortable being blindfolded to play the role of trustor.
- Give each trustor a blindfold.
- The other partner will play the role of guide.
- Explain and demonstrate that:
  - Each pair will stand behind the start line.
  - The trustor in each pair will wear the blindfold and prepare to cross the obstacle course.
  - When you say, “Go!” each pair will move through the obstacle course to the opposite side of the rectangle and back.
  - The guide can walk beside the trustor but may not touch the trustor in any way.
  - If the trustor touches an object in the obstacle course, he or she must return to the start line and begin again.
- Repeat the game allowing the players to change roles.

## Discussion questions

### Reflect

For those of you who were trustors, how did it feel to be blindfolded? For those of you who were guides, how did it feel to be responsible for the safety of the trustor? What did you do as guides to make your trustor feel safe?

## Connect

What are some situations when you trusted others from a different culture? What made you feel confident to be a trustor in those situations? What are some situations in your life when you have had to be a “guide” for someone from a different culture? How did it feel to be a guide in those situations?

## Apply

How can you help others trust you? What helps you trust others?

## Facilitation notes

Ask all teams to start behind the start line. When asking for players to volunteer to be the trustor, keep in mind that there is a social risk that not all individuals will feel comfortable at first. It may be helpful to explain that the challenge is their choice. They are a valuable member of the team whether they are a trustor or guide.

Add more objects to the obstacle course and challenge the trustors to accomplish three tasks while in the obstacle course before moving to the other side of the rectangle. For example, you might say, “Each trustor must sit on that chair, pick up that rock, and crawl under that rope before moving to the other side of the obstacle course.”

<b>Number of Teachers or Coaches</b>	1-2
<b>Number of Students or Athletes</b>	Open
<b>Typical Age Group</b>	12+
<b>Time Needed</b>	20 min
<b>Space Needed</b>	Playground
<b>Materials Needed</b>	<ul style="list-style-type: none"><li>• 1 blindfold per pair</li><li>• 25 objects: balls, chairs, cones, sticks, bottles or any others</li><li>• Tape</li></ul>
<b>Activity Objective</b>	To develop the ability to trust others and build a trusting environment through effective leadership and communication
<b>Related Units</b>	Unit 2 and Unit 3
<b>Related Learning Competences</b>	Effective communication, leadership, trust and self-awareness