

Listen. Lead. Learn!

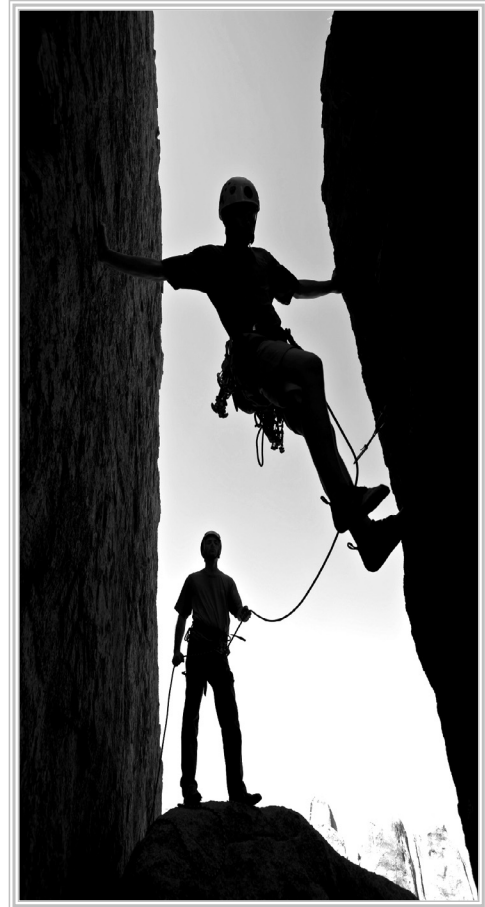
Trust Trail

Description

Earn trust within the group. In this activity the group gains the trust of one volunteer as they lead them through the Trust Trail by their auditory rhythmic abilities.

Directions

1. Ask for one volunteer from the group.
2. After a volunteer has been established, give the entire group insight to what is going to happen.
3. As a group, we will lead our volunteer through an obstacle course, located right here in the room.
4. Ask the volunteer to wait outside the room while the group constructs the course.
5. Be sure the volunteer is out of the room before you reveal the next step to the rest of the class.
6. The goal is to build an obstacle course for the volunteer—from the door to the other side of the room. Use desks, book bags, or other moveable items in this room. (The volunteer cannot step up on anything; however, he or she can step over items. At this time, let the students know which things are off limits.)
7. Give the group three minutes to arrange the room into an obstacle course. Instruct them to be very quiet so the volunteer won't hear what is going on.
8. After the course is built, make sure everyone is clear on the route to be taken by the volunteer, have someone from the group walk the path once or twice so everyone knows the way.
9. Step out and blindfold the volunteer without letting him or her see the obstacle course.
10. Bring the blindfolded volunteer in the room.
11. Explain to the entire group how they will lead the volunteer through the course
 - a. *Clapping hands continuously means to continue in the same direction.*
 - b. *Snapping fingers means to proceed with caution, there is an obstacle ahead.*
 - c. *Stomping feet means to step over something.*
 - d. *“Shhhh,” means you are not going in the right direction, and you need to try another direction until you hear the group reply.*



Quick Reference

Time 15 minutes

Number of Students 5+

Usefulness

- Classroom
- Officer Retreat

Supplies

- Desks, chairs, book bags, (i.e. objects to build the obstacle trail)
- Blindfold

Focus Area: Team Building: Trust Trail

12. Review the methods of communication with everyone.
13. Continue the activity until the group successfully leads the volunteer through the obstacle course.
14. When the volunteer has completed the course, lead the group in a big round of applause.
15. Take the blindfold off and let the volunteer see the course.
16. Give the group one minute to put the room back in order.

The Connection Questions

For the volunteer:

1. Did you feel like you trusted the class during the activity? Why or why not?
2. Were there any specific times your trust for the group was not quite as strong as it could have been? Why or why not?

For everyone:

1. How does this activity relate to trust?
2. What was the hardest part about communicating the path to the volunteer?
3. How could the group gain the volunteer's trust?
4. How could the group lose the volunteer's trust?
5. Which is easier: To gain trust or to lose it?

Wrap Up

Today we conducted a risky activity and measured our trustworthiness. This activity helped us to see how to trust others, gain others trust and to discover the importance of trusting relationships.

Research Methodologies
Precept B. Relationships ➤ B1. Practice human relations skills including compassion, empathy, unselfishness, trustworthiness, reliability and listening ➤ B5. Participate effectively as a team member
Modalities ➤ Auditory ➤ Kinesthetic
Multiple Intelligences ➤ Spatial ➤ Musical ➤ Bodily-Kinesthetic



LK Extension

HS.61- Earning Trust