



# Trust Exercises

## Session Guidelines

The following exercises are designed to build trust in each other. Other learning outcomes include communication, teamwork and confidence.

### Before you start:

- Discuss with the group the importance of trust and how it may be gained during the exercises
- Encourage participants to work with others rather than just those in their friendship groups
- Discuss and demonstrate spotting and ensure all participants have spotted for one another
- Complete the spotting session card prior to beginning any of the below activities on flat level ground.

## Porthole

**Time: Minimum 15 minutes**

### Objective

Participants must decide on a way to pass all members of the group through the tyre. The group may touch the tyre a maximum of 6 times; but don't forget, the last person and first person will have to touch to get through. If the tyre is touched more than 6 times then the whole group are to start again. All participants should be encouraged to have a lifting, supporting or spotting role throughout.

### Safety rules

- One person through the porthole at a time
- All members of the group must be supporting a lift to pass a person through
- Participants being passed through should always face up and be passed through feet first

### Review

- How did the group display teamwork during this element?
- Would participants be able to complete this element without working together?

**Trust Falls** (Please refer to the spotting document towards the start of the folder. Practise these before the trust falls task).

**Time: Minimum 15 minutes**

### Objective

3 stumps of different heights with the lowest one being nearly 1m high.

One guest will step onto the trust fall platform and the rest of the group need to form two lines behind them with their arms extended in front of them, directly behind the guest - who then falls backwards into the arms of the group. Ensure they fall away from the water. Start with the smallest platform and see if all 3 can be completed. Different members in the group can be used.

Be aware that spotting and supporting is crucial, there's to be no jumping off of the stumps and guests must fall backwards with their arms crossed on their chest.

### Safety rules

- Spotting and supporting is crucial
- No jumping off the trust fall platform
- Participants must fall backwards with arms crossed on their chest

### Review

- Apart from catching the falling participant, how else did the group contribute to this activity?
- Was encouragement important for you to be able to complete the fall?



## **Over Beam** (Please refer to the spotting document towards the start of the folder. For groups 12 years of age plus).

**Time: Minimum 15 minutes**

### **Objective**

The group or potentially just one guest has to get over the beam!

### **Safety rules**

- Be aware that the beam is about 2m high. Ensure spotters and lifters are effective and ready on both sides of the beam.

### **Review**

- Who was confident they would complete the over beam at the beginning? Who wasn't confident?
- Did other members of your group give you the confidence to get over the beam? How?

## **Team Whistle/The Whistler**

**Time: Minimum 15 minutes**

### **Objective**

Participants must work together to construct a tower using themselves. The aim is for a participant to be able to blow the whistle without having to touch/hold it. The group should spend a few minutes discussing different ideas prior to starting.

### **Safety rules**

- All participants should be involved in supporting and spotting during a lift
- Participants should only do lifts within their capabilities

### **Development Idea**

- The whistle can be adjusted in height by the rope at the side of the tree

### **Review**

- Why is trust in your group so important when completing this activity?
- At the beginning, did you fully trust your group? What about at the end?

## **Session review**

**The group review the session to see what they have learnt, achieved, improved, and if they have met the aims and objectives of the session.**

### **Spokes**

The group stand in a circle and are asked questions which are directly linked to their objectives. If they agree with the question/statement they step forward, if they disagree they step back. This then sparks discussion. TIP – do it with their eyes closed so they don't just copy their friends.

or

### **Hands On**

This allows guests to share their opinions on other people within their group. Whilst the guests are standing up, get them to put their hand on the shoulder of someone that meets the answer to your question, e.g. put your hand on the person who trusted others the most.