



happyhouse Good Choices™ Character Building Program

Activity Sheet

Name: Trust Games
Chapter: #14 - Be Worthy of Trust
Type: Game
Ages: All Ages
Time: 20-30 minutes

Lesson Start

A simple exercise for being worthy of trust is:

1. Get a small tight circle of from 6 – 10 students standing shoulder to shoulder with very little room between them.
2. Get one volunteer to stand in the center of that circle with their arms crossed over their chest.
3. The instruction is "be like a board and don't bend your knees or move your feet to keep your balance. With your eyes closed let yourself fall into the circle."
4. The Circle is instructed to "pass the person around gently and safely, not pushing but guiding."
5. Let each person experience being trustworthy in the circle many times and being trusting as the person in the center.

This game is a blast! It is a total "trust" game and really fun to do, no matter what age.

Another "Trust" game is:

1. Divide the group into pairs.
2. "A" stands with his back to "B" and then falls backwards into "B's" arms.
3. Start with very little "fall space". Catch "A" after falling only one foot.
4. "B" opens the space between "A" and where "the catch" is---eventually "A" falls straight back, almost to the ground, with "B" catching him/her.

This is best to do on a mat, in case "B" loses his/her grip or the weight of "A" is a bit too much.

This is another hugely fun exercise/game.

End of Lesson