

## TRUST GAMES

### **Leaning Towers**

Materials: Preferably a grassy or carpeted area

What to Do: Have everyone hold hands in a circle and take backward steps until each person feels a slight pull from either side. Count off "ones" and "twos" around the circle making sure everyone receives a number. Begin by having all ones lean toward the centre of the circle (WITHOUT BENDING AT THE WAIST OR KNEES). Ask the ones to return to their original position and have the twos lean away from the circle in the same manner. When both numbers feel secure enough, have them slowly move into their leaning position; ones leaning in, twos leaning out. Both groups should be fully supporting each other.

#### Debrief

Did you trust your neighbour to keep you from falling? Why or why not? What would happen if anyone in the circle chickened out while in the leaning position? What could you have done as a group to convince each other that you were safe amongst each other?

### **Group Lap Sit**

Materials: Preferably a grassy or carpeted area

What to Do: Everyone stands in a circle shoulder to shoulder and turns to face the person on their right. On the count of three, the group moves slowly into the sitting position, lowering themselves onto the person's lap directly behind them. The circle only works if the players fully trust the person behind them to support their weight. The group has now created a sitting circle! To make the activity a little more difficult, have the group attempt these actions while in their seated position: Hold arms out to the side, clap hands three times, touch the floor outside the circle, take three steps forward (altogether--left, right, left), take three steps backwards. This last manoeuvre will probably leave the entire group in a cheerful heap on the floor.

#### Debrief

What was the hardest thing about the activity? Did you trust the person behind you?

### **Trust Me!**

Equipment: A carpeted or grassy area

How to Play: A small group forms a tight circle with no gaps between members. Each person should have his hands at shoulder height, close to his body with palms facing out. In turn, each player stands rigidly in the centre of the circle and allows himself to fall to one side. His feet must stay on the same spot in the centre of the circle. The rest of the players must gently move the person in the centre around, while preventing this person from falling over completely! The centre person must keep his feet together and trust that the rest of the group will keep him safe.

#### Debrief

Was it difficult to trust those around you to keep you safe? What were you thinking as you were being passed around the circle? What could have taken place to make you feel more at ease with this activity?