

nurturing potential



Session: 'Trust'

Pre-session Preparation

Copies of worksheets

Blindfolds

Post-it Notes

Suitable space for a small obstacle course – due to time limitations do not make it too large the make sure that everyone gets a turn.

Cones could be used to make an obstacle course or the use of a marked area (football pitch, hall), the lines can be used as the course. Mark with arrows (on post-its?) to show the direction they are to go round the course. Class layout could also be used – avoiding tables/chairs etc.

Learning Objective

To build trust in themselves, and each other, through a physical activity.

Two minute recap of last session.

Hand out 'Trust' Session worksheet for personal notes

Ask children to write their name, date, and session number on the top of the sheet

Ask the participants who trusts themselves. Also ask who trusts everyone else in the group.

Pair the participants with someone they would not normally sit next to, work or play with.

One from each pair is to be blindfolded, the partner is to direct them around a course which may include some 'obstacles', for example tunnels to go through created by other pupils. Directions are only to be given verbally, they cannot touch each other.

Limit them to 2 minutes to complete as much of the course as possible. Place a post-it to record how far each pair gets.

The concept is that the director builds trust in their self to safely direct their partner, and the blindfolded partner has to place their trust in someone else, and their own listening abilities.

Discuss the exercise for 10 minutes, asking participants to make notes on their worksheets;

What did they feel about it?

What did they learn from it?

How will this help them in making the most of their life?

Session Close – Last 5 minutes Relaxation & Time Out

Close session and thank participants for their time and contribution.

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Name:	Date:
Session Number:	Session Name: TRUST

Developing trust in yourself and others.

What did you do during this session?

How did you feel about this exercise?

What did you learn from this exercise?

Why is it important to trust yourself?

Why is it important to trust other people?