

## Session 6: Trust

## Aspire Programme

TIMES	WHAT	DETAILS	EQUIPMENT NEEDED
10	<b>Ice Breaker</b>	Hospital tag- Everyone's in variation- 3 lives, Paramedics	Hoola hoop
15	<b>Connect</b>	"Hot and Not"- Highlight of the week (hot) and lowlight/challenge (not). Connect, and try to learn more about their lives as people. <b>Frontload:</b> Trust. What is trust? Why trust?	
5	<b>Loosener/ deinhbitizer</b>	Bodyguards- Group in circle tries to hit the president in middle. President picks a bodyguard to deflect and protect.	Soft, light ball
15	<b>Loosener/ deinhbitizer</b>	Sherpa Walk- Blindfold walk, group in single file line with member at back directing. Give time to discuss how to do the activity, and set up obstacle course once blindfolded.	Blindfolds x10
15	<b>Main activity</b>	Rope Walk- Quickly go through the levels completed in session 1- and add on level 6- the rope walk! Group holds rope tight, one participant walks along the rope, choosing one participant to help guide/balance them. Add blindfold for an extra challenge (level 7)	Climbing rope (same as in session 1) Blindfold (optional extra challenge)
15	<b>Debrief/Workbook time</b>	<ul style="list-style-type: none"> <li>- What happened? What was your experience? Did you feel let down? How did you know that you could trust your partner?</li> <li>- So What? What does this mean? What is good trust? How does it feel to be trusted/distrusted?</li> <li>- Knowing this, or considering this, how does this relate to our lives? Who do you trust/distrust?</li> </ul>	Workbook 'Trust bank'

**Purpose:** Look at what good trust is; the value of trust, why we should trust others, and how we can be cautious with trust- how we can be trustworthy.

**Activity Briefs:**

**Hospital Tag:**

*Establish group boundaries. Similar rules to Everyone's in. Sell the story that everyone is now a medic/doctor/has done first aid, and can now treat wounds.*  
In Hospital tag, the difference is when you are tag, you are able to treat your wound, by covering it with one hand. That hand must stay there the rest of the round, e.g. if you are tag on the shoulder, one hand must remain on that spot the rest of the round, but you may continue playing. You may do the same with your second hand too, which leaves you with only your hips to tag others with- swing the hips sideways only, not forward/backwards. Once tagged for the third time, bob down on the spot.

*Variation:* (add in this after a round or two) Place 2-3 hoola hoops around the activity area, these are the 'hospitals'. From now, if you get tagged 3 times, instead of bobbing down on the spot, you may lay down on the ground, with arms and legs in the air. 2 group members can choose to pick you up by your arms and legs, and carry you to a hospital where you are revived.

**Equipment:** Hoola-hoops x3

**Bodyguards:**

*Gather group to stand into a circle.* One participant is chosen or volunteered to be the 'president'. The president stands in the middle of the circle, and must select one 'bodyguard', somebody who they trust. This bodyguard must protect the president from the rest of the group. The objective of the rest of the groups' objective is to hit the president with one ball/soft object. The group must work together to attempt to hit the president, while the bodyguard must deflect and protect the president from the ball. If the president is struck with the ball, the person throwing the ball becomes the new bodyguard, and the old bodyguard becomes the president.

**Equipment:** light, soft ball.

### Sherpa Walk:

Line the group up in single file, with hands on each other's shoulders- group's not allowed to break the chain. The whole group is blindfolded except the member at the very back. Once blindfolds are on, set up a small obstacle course, the participant at the back must guide the rest of the team without using words. Give the group 2 minutes to discuss how they are going to approach this (if the team struggles to come up with a way to do it, suggest tapping shoulders for turning e.g. 1 tap on left shoulder is turn 45 degrees to the left, 2 quick taps on left shoulder is turn 90 degrees on to the left, both shoulders is stop?) Obstacle course can be a new destination e.g. inside to outside. Rotate person at the back, and at the front.

**Equipment:** Blindfolds x9 (tea towels work for this)

### Rope walk (level 6-8):

*Gather group in circle, holding rope in hands, identical to session 1's rope circle. Go through level's 1-5 of session 1's rope circle quickly. Recap each level, try not to dwell too much on it.*

Level 6 of the rope circle is the rope walk. After completing levels 1-5, ask for a volunteer who trusts the team. Encourage group to be supportive, and recap how everyone must participate and add their strength to the rope. Once a volunteer is selected, ask them to choose one helper (this person holds the volunteers hand and helps them to balance while on the rope). Before the volunteer steps on to the rope, instruct them that if they are going to fall, try to fall inside the circle, to avoid other team members, and the helper can try to catch them. Then check with the group if everyone is ready, and get the whole group to lean back, making rope tight and strong (level 1). Then, help the volunteer up on to the rope by someone bending a knee to make a platform for them to stand on. Once they are on the rope, the helper should be supplying their hand, shoulder or head for the volunteer to balance with. Once the volunteer completes the circle encourage them, and others to give it a go. If the volunteer falls, encourage them and celebrate how far they got. Debrief the situation at the end of the activity.

Once the group is confident and if they want an extra challenge, they may attempt to do it blindfolded (level 7)

If they want another challenge, they may attempt to do it without touching the helper in the middle- helper must still be in the middle to be ready to catch them (level 8)

**Equipment:** Rope/Climbing rope (same as session 1)- at least 15m, blindfolds (optional)

Debrief: Workbook- 'Trust bank' activity

- What did I ask you to do? What happened? What was it like?
- So why did that happen? What was successful/unsuccessful? Why? What did this activity require of you? When did you feel trusted? Why?
- So why is trust important? How can we build trust, how can we be trustworthy? (Workbook activities for 'trust bank')