

## THE TRUST WALK

- 1) PAIR OFF IN TWOS BY DRAWING NAMES OUT OF A BOWL.
- 2) DECIDE WHICH ONE OF THE PAIR IS TO BE THE LEADER.
- 3) THE LEADER TAKES THE OTHER ONE AROUND, WITH HIS EYES CLOSED, HAVING HIM FEEL DIFFERENT OBJECTS AND EXPLAIN WHAT THEY FEEL LIKE TO HIM, SUCH AS TEXTURE. SMOOTH, ROUGH, COLD, WARM ETC. AND IDENTIFY THE OBJECT IF POSSIBLE WITHOUT OPENING HIS EYES. THIS IS DONE FOR APPROXIMATELY 10 MINUTES.
- 4) THE GROUP COMES BACK AND THE BLIND PARTNER IS ASKED TO TELL HOW HE FELT BEING LEAD AROUND AND DID YOU FEEL THAT YOU COULD TRUST YOUR PARTNER?  
THE LEADER TELLS HOW IT FELT TO BE COMPLETELY DEPENDED UPON.
- 5) THE PARTNERS REVERSE ROLLS AND THE WHOLE PROCESS IS DONE AGAIN.