

## TRUST WALK

Pair off the students - one being the leader and one being blindfolded. The leader takes his partner on a (safe) walk and lets his partner feel, smell and touch objects, along the way.

The walk should last approximately 3 - 5 minutes.

The leader and the blindfolded students exchange roles and repeat a (safe) walk. When everyone has experienced both situations, discuss some of their feelings.

### Discussion Questions:

1. How did you feel being the leader? ✓
2. What responsibility did you feel?
3. Did having to trust the leader completely scare you? Did you get more confident as the walk progressed?
4. What role was more comfortable for you and why?
5. Did you feel uneasy about the whole idea of having to trust someone completely?
6. Are our ability to trust others and our ability to trust ourselves two aspects of the same thing? Is this kind of trust different than the trust we exercise when we lend someone money or share a secret?
7. Is part of the reason why young people don't always trust adults due to the fact that they (the young people) have not yet learned to really trust themselves?

- How did you feel being blindfolded -
- #
- being leader -
- What was most scary
- What was most experience
- Reaction
- Relation to everyday life - FAITH