

Trust Fall

This crowd breaker fits in well with a study on friendships IF it is followed up with a discussion in small groups at the close.

Form two lines facing each other with your arms stretched out in front of you. One person stands on a table (or other object) about three feet off the ground. The person standing on the object falls backward into the arms of the group. The person falling must keep their body stiff and arms by their side.

If your group feels comfortable with it, have the platform a little higher than three feet from the ground. Note: Practice this with your leaders to determine if it is safe before trying it with your kids.

After one or two in each group have tried it, sit down together and discuss: "How did it feel to trust someone completely?"

