



Building Trust

Physically and emotionally trusting one another is a prerequisite for many adventure activities. Without an operating level of trust within a group there is little chance of achieving group goals. The following activities are presented in a particular order as we feel it is essential to progressively develop trust just as we would any other type of skill.

Holding Hands...

Purpose: To determine how safe the group feels with each other.

Procedure: Ask the group to:

- hold hands around a circle and lean back
- link elbows around a circle and lean back.

Back to Back...

Debriefing Questions



Purpose: To develop trust with a partner, and then extend this trust to a group.

Procedure: Starting out in pairs (progression to 4 then 8 then potentially the full group).

With a chosen partner, put your backs together while interlocking your arms at the elbows. When partners are ready, slowly begin to interlocking your arms at the elbows. When partners are ready, slowly begin to move your feet forward (away from your partner) until you are sitting down on the ground. Please note that you do not want to fall on to the ground, but instead that you want to walk out slowly until you are sitting with your back forward your partner on the ground. After sitting attempt to get back to the standing position by leaning against your partner's opposing force until you are standing in an upright position.

1 vs 1 Trust Falls...

Debriefing Questions

Purpose: To increase the perception of trust using physical support as well as verbal.

Procedure: In pairs, one participant stands behind the other. The person in front 'falls' back into the arms of the 'catcher' (spotter). The person behind uses the spotting stance to support the person as they fall. Before falling, communication must be clear between all involved. As participants become more comfortable with the activity and develop trust with their partner, they can increase their challenge by stepping further away from their partner. Individuals use the 'Challenge with Choice' ethos to increase the level to which they are comfortable with. Each person gets an opportunity to be a 'catcher' and 'faller'.



Safety: Spotting and Falling technique and correct communication when falling should be taught, practiced, and used.

<http://www.wilderdom.com/games/descriptions/TrustLean.html>