

# TEAM BUILDING

## ELEMENTARY LEVEL

### Trust in Me

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This activity is part of the **Junior World Changers kit**, created to give teachers of Grades 4, 5 and 6 a fun and practical resource to introduce younger students to social justice issues and to inspire them to stay involved in their local and global communities throughout their lives. To request your copy of the Junior World Changers kit, email [youth@freethechildren.com](mailto:youth@freethechildren.com).

**Purpose:** The purpose of this activity is to explore the meaning of trust. This simple game will help students to realize the importance of relying on others and working together to achieve a common goal.

**Materials:**

- Blindfolds (e.g. old torn-up sheet, scarves, etc.)
- “Mines” (e.g. balls, pylons, books, chairs, etc.)

**Activity**

**Step 1: Trust Think-Pair-Share**

**Purpose:** The purpose of this step is for students to develop a strong understanding of trust, how it is achieved, and what it looks like in a team setting.

- Ask students to think to themselves about trust by prompting them with the following questions:
  - What is trust?
  - What does trust feel like?
  - How is trust formed?
  - How do you know when you trust someone?
  - How do you make someone trust you?
  - What does trust look like in a team?
- After providing students with a significant amount of time to think about these questions, divide the class into pairs and ask them to discuss their thoughts around these questions.
- When pairs have completed their discussions, bring the class back together and ask them to share their thoughts with the class.
- Before the conclusion of this step, ensure students have a strong understanding of trust and what it looks like in a team setting.

**Step 2: Mine Field**

**Purpose:** The purpose of this step is for students to participate in an activity of trust, learning how to build trust in a partner scenario.

- Select an appropriate area. Go outside if possible or utilize your classroom space.
- Distribute “mines” around the room (e.g. balls, pylons, books, chairs, etc.)
- Divide the class into partners and provide each set of partners with a blindfold.
- In their pairs, one person is blindfolded and cannot talk while the other person is the leader and can see and talk, but cannot enter the mine field or touch the person.

- Explain to the pairs that the challenge is for each blindfolded person to walk from one side of the mine field to the other, avoiding the “mines.” They must do this by listening to the verbal instructions of their partner.
- Explain that if the blindfolded person hits a “mine,” they must return to the beginning of the course.
- Allow students a short period of planning time to decide on their communication commands.
- Begin the activity!
- While students are participating in the activity, walk around the room and monitor their progress. Write down any interesting quotes you hear from the students about trust.
- Once one person has had a chance being the leader, ask partners to switch so that each person gets a turn playing each role.

### Step 3: Debrief

Purpose: The purpose of this step is to debrief the mind field activity, learning the importance of trust in a team setting.

- Bring the class back together for a debrief about the activity and trust using the following suggested questions:
  - How did the activity go? What problems did you encounter?
  - Did you trust your partner?
  - What would have happened to make you not trust your partner?
  - When you trusted your partner, what impact did this have on your team?
  - What did trust feel like during this activity?
  - Based on what you learned during this activity, why do you think it's important to trust your team members? How can you gain your team members trust?
- Before concluding this discussion, ensure students have a strong understanding of trust and how trust can benefit a team. Explain that while on a team, if you trust your team members and they trust you, you are able to be more successful and accomplish more as a team.