



Lean on Me (🌈 A Social Health Story)
(3rd Grade – 8-9 yrs.)
Physical Activity: Trust is a Two-Way Street



STORY CONNECTION – SLIDES 14-15 (Approx Time: 20-25 mins)

You need to have people in your support system that you can trust. Trust means that you have confidence that the person in your support system will do what they say they will do to help you to the best of their ability. You also need to have people in your support system that you can confide in. Confiding in someone means that you can tell them something private and they would not repeat it to others - unless it was to help you. There are some people, like counselors, teachers, or doctors, who may share things that you tell them – but only if you or someone you know is being hurt.

Materials needed:

- Eye covering (1 per pair-optional)

Preparation needed:

- Determine how student(s) will be partnered.
- Determine locations/routes for guided walk. Do what is best for your student(s).
 - These can be assigned to student(s).
 - Student(s) could choose from a pre-determined list.
 - Student(s) can choose.

Instructions:

1. In this activity, student(s) will have to trust that their classmate will help them to the best of their ability to get from one place to another—with their eyes closed.
2. Prior to doing this activity, have a class discussion about trust. Ask student(s) and have them respond:
 - What do you know about trust?
 - Who are the people you trust? If there are student(s) who feel comfortable, have them share some of the people in their support system that they trust.
3. In general, brainstorm a list of people at school, church, neighborhood, sports, etc. that the student(s) trust.
4. Tell the student(s) that they will be taking a Trust Walk with a partner.
5. Explain that one person will be the guide and the other will have their eyes covered/closed tightly and be led by the guide. The guide may use physical touch, verbal cues, or both to lead the other student. However, before starting, this must be communicated and both participants must agree. The person being led might choose to be led verbally only, by holding hands, touching the elbow, etc.
Suggestion: Ask a student to stand with you and model the different ways the guide could lead.
6. Ask student(s) if they have any questions or need any clarification. Clear up any misunderstandings.
7. Partner student(s) up.

8. Confirm that the guide knows their destination.
NOTE: If person being guided already knows where they are going, they will not have to trust in the guide as much.
9. Allow student(s) to guide one another to their destination and monitor the group as needed.
10. After the guide leads their partner on the walk, they switch roles.
11. When everyone has had a chance to participate in both roles, discuss the following:
 - Were you able to keep your eyes closed the entire time?
 - What made that possible or impossible?
 - How did your partner help you?
 - How did you help your partner?
 - Do you trust your guide more than before you started? Why?
 - Do you trust your guide less than before you started? Why?
 - What would you change if you did a trust walk again?
12. In closing, remind the student(s) that it is important to have people in their support system that they can trust. Trusting someone means that you believe they will help you to the best of their ability. Knowing we can trust others is important for our social health.

Activity Idea Credit: https://cdn5-ss14.sharpschool.com/UserFiles/Servers/Server_1012671/File/Staff%20Resources/Social%20Emotional%20Learning/Learning%20Community%20Activities/Trust%20Activities/Trust_Walk.pdf