

FAST FACTS



10-20
People



30-50
Minutes



\$0



Medium
Risk Level

Trust Activity

Adapted with permission from Any Town Arizona, Inc. (www.anytownarizona.org)

Objectives/Learning Outcomes:

By taking part in this activity, participants will experience the pressure of leading another individual or the challenge of being led by another person without verbal cues. After the activity, participants will be invited to share their observations and discuss trust, taking risks, and how what they experienced may relate to future discussions or activities. By using the ORID model when asking questions, the facilitator will help participants consider the experience on a deeper level.

Materials Needed:

- Open space is necessary, as participants will lead one another around the room. Furniture may need to be moved, impacting set-up and clean-up times.

Ground Rules:

- Be fully present and participate at your own comfort level – challenge by choice.
 - Follow up - What does it mean to be “fully present”?
 - Follow up - What does “challenge by choice” mean?
- Push yourself outside of your comfort zone – the most learning happens when we are a little bit uncomfortable.
- Listen respectfully, share air time, and encourage others to participate.
- It’s ok for us all to be at different places with the things we discuss today.
- Show respect for one another’s beliefs, values, and experiences.
- Respect and maintain privacy.

Facilitation Guide:

- Ask each participant to pair up with another resident. Encourage participants to pair up with an individual they don’t know very well. If there are an odd number of participants, the facilitator and another participant may form a pair.
- Invited the participants to place themselves in two lines facing one another so that each participant is facing hir/her/his partner.
- Ask the participants in one of the lines to close their eyes.
- The facilitator should move throughout the room whispering to residents whose eyes are open to lead their partners throughout the room. The facilitator should tell the participants that the activity is entirely non-verbal. The participants must communicate in ways other than by speaking.
- After several minutes, ask the “leaders” to return to their original places. Ask the participants with their eyes closed to open their eyes.

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Processing Questions:

The facilitator is encouraged to use the ORID Model and ask questions from four perspectives – objective, reflective, interpretive, and decisional perspectives. The facilitator should ask the questions individually and allow participants to share their observations and feelings. The questions are italicized below as a script, but the facilitator may ask similar questions as appropriate:

- **Objective:** *Can you describe what just happened? What did you see? What did you observe? What did you hear? What did you do? How did you communicate as someone whose eyes were open? As someone whose eyes were closed?*
- **Reflective:** *How did it feel when you had your eyes closed? Eyes open? What made you feel more comfortable? Less comfortable? What are some of the feelings you have now?*
- **Interpretive:** *What do you think about this activity? Why do you think we did it? What is the most important message that the activity is intending on communicating? What did you learn from the activity?*
- **Decisional:** *What is it that you will take away from this activity? What choices can you make based on what you experienced?*

Discussion Questions:

- How did this activity make you feel?
- What did you observe as you were doing the activity?
- Did anything surprise you?
- What have you learned from this activity?
- Has this activity changed your perspective of others?

Concluding Statement (if appropriate):

This exercise is a helpful activity to do before a higher-risk activity, in order to explore the concept of trust. In the event that this is an introductory activity, the facilitator should say the following:

We are about to engage in more activities that require us to trust each other, just like we did in the previous activity. I do hope that you will take that risk (closing the eyes) and fully engage in the second part of our activity. Some of us today may share things that they don't usually share or talk about. Some strong emotions may be shared. Let's be there for each other when someone decides to 'close their eyes' and take risks.

Notes:

- This activity is NOT designed to be a simulation for blindness.



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- The activity itself will most likely take 30 minutes, but it is best to allow ten minutes for set-up and ten minutes for clean-up.