

Trust wave - Trust

EXPLANATION:

Trust is central to healthy relationships and students can engage in fun activities exploring trust. The Trust Wave activity requires trust amongst friends and belief that you will get through the tunnel untouched. Participants will explore feelings of security and will have to be brave and rely on the others raising their arms just at the right time!

YEAR LEVELS: Years 1–3

STUDENT GROUPING: Whole class

ACTIVITY LENGTH: 30 mins approx.

LINK TO CURRICULUM:

Health and Physical Education: Sequence of content F–10

Strand: Personal, social and community health

Identities

- Describe their own strengths and achievements and those of others, and identify how these contribute to personal identities
- Explore how success, challenge and failure strengthen identities.

Help-seeking

- Practise strategies they can use when they feel uncomfortable, unsafe or need help with a task, problem or situation
- Describe and apply strategies that can be used in situations that make them feel uncomfortable or unsafe.

See also Personal and Social Capability learning continuum sub elements:

- Communicate effectively
- Work collaboratively
- Make decisions
- Express emotions appropriately
- Negotiate and resolve conflict

SCOPE OF TASK:

The need for trust is a fundamental building block of any social group and the formation of relationships. Trust builds teamwork and collaboration and nurtures the mental health and resilience of students.

This activity is also known as 'Slice and dice'.

1. Begin the activity with a conversation about what trust is and why it is important for a happy safe classroom - establish the class's understanding of trust:

- What is trust?
- Why is trust important?
- What does trust look like in your classroom/school?
- What difference does a trusting; safe environment have to how you feel?
- How does it feel to mistrust others?

2. Inform the students about the Trust Wave activity and share the instructions for engaging in the activity:

- Divide the group in half and create two lines
- The lines will be positioned to run parallel and each person in each line will be opposite another, that is each person will face each other – like a tunnel.
- The students in each line will outstretch their arms and the 'runner' person walks swiftly/runs through the tunnel. As the runner moves through the tunnel people will lift their arms (like a draw bridge) just in time to avoid touching the 'runner' person.
- Ask for a volunteer from the group to be the first 'runner' and demonstrate the process.
- The 'runner' moves through the tunnel trusting that people will move their arms in time for them.
- Everyone gets an opportunity to run through the tunnel – doing so with the expectation/belief that their peers will keep them safe.

4. Once everyone has had the experience of running through the tunnel bring the group together. Reflect with the group about the experience and how it made them consider issues of trust. Ask the students to reflect on their experiences of trusting and being trusted. Questions could include:

- What helped you trust the group?
- When did you not feel safe?
- Why is it important to trust your friends and others?
- How do you know who to trust?

Trust-Building activities build morale - when students enjoy learning and working with others, they are happier and build more respectful relationships in their classrooms.



RESOURCES:

- Open space for group to line up