

Stand Up - Trust

EXPLANATION:

To trust someone, you must be able to rely upon that person and, at the same time, feel both physically and emotionally safe. The aim of this activity is to provide a scenario that requires students to place trust in their fellow classmates in order to complete a physical task.

GRADE LEVELS: 4–6

STUDENT GROUPING: Any size group

ACTIVITY LENGTH: 20 minutes

CASEL CORE COMPETENCY: *RELATIONSHIP SKILLS*

- Communicating effectively
- Developing positive relationships
- Practicing teamwork and collaborative problem solving
- You can learn more about the CASEL framework [here](#)

SCOPE OF TASK:

Stand Up is an activity that will build confidence and trust within the class, contributing to a positive, safe classroom environment.

Important Note: This activity requires students to physically interact with one another, which may or may not be appropriate for certain cohorts of students and contexts.

1. Begin this activity by asking students about their understanding of trust. Questions could include:
 - Who do you trust?
 - Why do you trust that person?
 - Why and how is trust broken?
 - Why is it important to have trust inside our classroom?
2. Tell the students that they are going to play a game that requires them to “physically trust” another class member.
3. Outline the activity:
 - The game requires the class to be split into pairs.
 - Each pair is to sit back-to-back on the floor with their arms linked.
 - Once the starting whistle is blown, each pair needs to work out how they can come to a standing position.
 - The first team to stand, back-to-back and with arms still linked, is the winning team.
4. Play the game a few times with the students (partners can be changed to add another dimension), and then reflect on how they managed the game:
 - Did any teams fall over?
 - Did you feel you were going to fall over?
 - Was there anything scary about the game?
 - Were you nervous about trusting your partner?
 - What made it easier to play the game?



5. Highlight that success in this game required each student to trust their partner. Connect this experience of trusting one another to the importance of trust within the classroom as well as in the students' lives. Questions for discussion could include:
- Why is trust also important in our classroom?
 - Why do we need to trust the people in our lives?
 - How do you know when to trust?
 - Why should we not trust some people or situations/scenarios?
6. To conclude this activity, ask students to brainstorm a list of conditions that they personally need in order to have a classroom of trust. Possible responses:
- The classroom should be "bully-free."
 - All members of the class should speak truthfully.
 - The classroom itself should be hazard-free and safe.

The students' ideas about a trusting classroom environment can be posted in the classroom and shared with parents/guardians. Sharing with parents/guardians provides the opportunity for the ideas and concepts of trust to be discussed and reinforced in home environments.

RESOURCES:

None