**Trustworthiness Walk**

Prepare an obstacle course inside or outside with furniture or toys. Divide into pairs. One person is blindfolded (you may want to put cotton balls over his closed eyes before putting on the blindfold, to help him remember to keep his eyes closed and not peek), and the other is the guide. The guide can turn the blindfolded person in a full circle a time or two then take the person through the obstacle course. A trustworthy person will keep the blindfolded person safe. At the end of the course, the partners can trade places and repeat the activity.

At the end of the walk, discuss the following questions.

1. Was it easy to trust your partner? Why or why not?

2. What did the guide do, to make you feel trust or distrust?

3. Did the guide let you down?

4. Did you want to peek? Why?

5. How is this activity like real life?

6. What can you do to help others trust you? Make a list