

Trust Box

Impact: To build trust and support others

Risk: Medium - high

Group Size: 10 or more

Time Required: 10 minutes, varies depending on group size

Directions:

- Clearly mark off a small playing area. The size will depend on the number of people in the group. Everyone in the group should be able to easily touch someone else when standing in the area.
- Ask the participants to begin walking around the space.
- When someone feels ready, they say loudly and clearly "I'm falling".
- Everyone else then rushes to catch the faller as they begin to lean back and fall.
- After one person goes, everyone should then resume moving through the space until the next person feels ready to fall.
- Be aware that two people might say, "I'm falling" at the same time. Depending on the size of the group, this is okay. Just make sure the group is aware and that they must catch both of the falling people.
- Find a conclusion after either everyone has gone, or gone multiple times. After finishing, process the activity.

Discussion:

- Did you feel supported? How could you have felt more supported?
- Why is this activity important?
- What risks were you taking, and why is it important to take these risks?
- What was the hardest part/easiest part of the activity?

Want More?

For more **trust building activities**, please see our book *Growing Together* at thefoodproject.org/books.

Want to learn more about how we create youth leadership development models in the context of farming, our social justice curriculum, and our food access initiatives? Attend one of our Institutes! More info at thefoodproject.org/institute.

