

## Taking a Trust Walk

1. If possible, do this activity out of doors. Tell the young people that they are going to take turns going on a Trust Walk. Choose a child to be the leader and another child to be the follower. Fold and tie a scarf or bandana over the eyes of the person to be led. NOTE: Some children will not be comfortable with the activity and may not want to participate. Do not force any child to take part. They can participate by observing and joining in the discussion afterwards.
2. Remind the leader that their most important job is to keep the person safe that they are leading. Tell the person following that their most important job is to trust that they will be safe.
3. Invite the rest of the class to watch quietly. Repeat the activity a number of times until all have a chance to participate.
4. Invite all the children to sit in a circle. Discuss the activity. Ask what each experience felt like. Remind the students that to trust in God is to believe that God will be true to his word and be faithful to us and care for us.