

Trustworthy Activity

Materials Needed

- Blindfold
- Willingness for fun and learning!
- A good attitude!



Directions

1. Start by talking about what being trustworthy means. Ask your child to define it in their own words.
2. Set up an obstacle course – this can be done indoors or outdoors.
3. Take turns guiding each other through the course – **BLINDFOLDED!** Make sure to rearrange the course between turns.
4. After all participants go once, talk about what it felt like while you had the blindfold on. Sample Questions: How did it feel when the other person had to trust you to guide them? How did you feel having all your trust in the other person? Why is trust important?

