

# Trust Walk

“Trust Walk” is a beginning trust activity that works with any age.

Have group members partner up. One person is blind (eyes shut) and the other is the guide. Instruct the guides to get the blind person from one place to another. To guide, they may use physical touch or verbal cues or both. The guide must communicate with the blind partner, prior to starting, to find out how the blind person would like to be guided (verbal only, holding hands, touch on the elbow, etc.).

Sample Debrief Questions:

- Were you able to keep your eyes shut the entire time?
  - What made that possible (or not possible)?
- How your partner help you?
- How did you help your partner people?
- What could people do to help you feel comfortable keeping your eyes shut?