

Yurt Circle

"Yurt Circle" is a trust activity that must be directed carefully. It is safe when done correctly, but has a component of perceived risk and gives group members a good opportunity to show others they can be trusted.

Equipment

A strong rope or one-inch tubular webbing is required. The length of the rope or webbing should be about one foot per person in the group. Tie the rope into a big loop using a square knot or water knot.

Procedure

Have the group stand in a circle. Have the group grasp the rope or webbing with both hands knuckles up and plant their feet. Talk with the group about trust and let them know that each one of them will have the opportunity to demonstrate that they are a person that can be trusted. Explain that you will count to three and then say "lean." When you say "lean" all group members are to gently and slowly lean back without moving their feet or letting go of the rope/webbing. Emphasize that you expect the rope/webbing to be held perfectly still. While the group is leaning back supporting each other count to three and say "stand." Practice this several times. When you feel the group is ready tell them the next step is to sit. Tell them you will instruct them to lean as before. When the rope/webbing is still you will count to three and say "sit." All group members are to slowly and carefully sit down without moving their feet or letting go of the rope/webbing. Once they are down, count to three and say "stand." All group members are to slowly and carefully stand up without moving feet or letting go of the rope/webbing. Most groups will want to do this several times.

Possible Debrief Questions

- What would have happened if one person decided to let go?
- Do you believe that everyone in this group can be trusted to do their part?
- Did everyone in the group show they could be trusted?
- What can group members do to make you feel they can be trusted?
- In what other situation at school is it important that all group members be trustworthy or be counted upon to do their part?