

Cooperation/Trust

Month: Jan.

Week #: 18

Day: c. Wed. Time: 30 min.

# Trust Fall

Life Tree Learning Systems ©

Objectives/Aims

The students will: recognize that trust is fundamental to the well being of a community and essential for a community to run effectively

Materials

none

Illustration

Do you think the boy that is falling backwards can trust his classmates to catch him? Today you will do a similar activity... Will you be able to trust your classmates?

Background

Trust and cooperation are two foundational ingredients of any healthy and thriving community. Without trust, one is constantly suspicious of others and preoccupied with looking out for ones own self interests. Without cooperation, one often expends more energy than is necessary, sometimes with possibly less desirable results than if one had worked together with others.



Definitions:

*trust* - to implicitly believe that another will act in one's best interest

*cooperation* - working together to solve a common problem or task; putting the resolution of the problem above one's own pride and ego

Group Activity

1. Review what was learned the previous two days about the importance of cooperation in a community.
2. Say, "Today, we're going to learn about something else that is also very important for a healthy and happy community. First, I'm going to split you into groups of 8 - 10 students each. Now, take off your shoes and sit on the floor in a circle with your shoulders touching. I need a volunteer to stand in the middle of the circle." Choose somebody light in weight to be the first one in the middle. "Now the sitting students need to have their toes gently pressing on the ankle of the standing student, their knees bent and both of their arms outstretched towards the upper torso of the standing student." The closer the outstretched are to the standing student, the easier it will be for them to catch and support the standing student. "The standing student needs to cross their arms over their chest and make their body stiff like a board. When I say 'Go' the standing student needs to fall slowly towards the outstretched hands remaining stiff. The sitting students need to catch and pass around the falling student by pushing on either the legs or the torso of the falling student." Remind the sitting students about appropriate touch and that they are going to be responsible for the safety of the falling students.

### **Group Activity (continued)**

3. Allow the standing student to be passed around for several minutes or until they fall. Select as many other students who want to be in the middle as time allows.

### **Group Discussion Questions**

1. If you were the student in the middle, did you feel safe? Why or why not?

A: Students will feel safe if the seated students were able to catch and support their weight.

2. How was trust involved in this activity?

A: You could trust the group if they prevented you from falling.

3: What are some examples of how trust is important in our classroom community?

A: Trusting that people won't borrow things without asking, give away a secret, hurt you physically or emotionally, or be dishonest, etc.

4. How do you build trust in a community?

A: You build it by treating others with respect and being trustworthy.

### **Variations/Extensions**

### **Conclusion**

Say, "Trust is very important in a classroom community. Without it, we would be afraid of others taking our things, telling our secrets or hurting us physically or emotionally."

Jan. 18 c. Wed.

## Cooperation/Trust: Trust Fall



**Do you think the boy who is falling backwards can trust his classmates to catch him?  
Today you will do a similar activity... Will you be able to trust your classmates?**