

**TITLE:** Trust Pinball

**IMPACT:** To build trust among a group of people. To have individuals take risks and be supported by their group.

**RISK:** Medium-high

**GROUP SIZE:** 10 or more

**TIME REQUIRED:** 10-15 minutes or enough time for everyone to have a turn.

**DIRECTIONS:**

- Ask the group to stand in a circle. This activity should be done in silence, except for any directions the facilitator may need to give.
- To begin, the facilitator taps one person on the shoulder, who then closes his/her eyes tightly and walks blindly across the circle to the other side. The people on the other side of the circle stop the “blindfolded” person, turn the person around, and push the person lightly in another direction. (The people on the outside of the circle have their eyes open). This process is repeated with the same person a few times.
- When the facilitator feels the person has crossed the circle a sufficient amount, the facilitator asks the person to open his/her eyes and replace the closest person in the circle.
- The person who is replaced now shuts his/her eyes and walks across the circle.
- If the group seems ready, the facilitator can send a second person out across the circle while the first one is still walking. It then becomes important that the people on the outside of the circle make sure that the people walking do not collide. To do this they must notice when and where all walkers are sent. Depending on the group, three or four people can be blindly crossing the circle at once.
- Make sure everyone has a chance to go and end it by having everyone return to the edge of the circle.

**DISCUSSION:**

- How did it feel to walk across the circle? Did you feel supported, scared, vulnerable?
- Did you trust the other people in the circle to stop you and protect you? Did you feel differently after your turn?
- What changed when more than one person crossed the circle at once? How was it different?
- What did you get out of this activity?

