

FEELINGS INSPECTORS RESOURCE
Trust

The Trust Maze

About this activity

This activity helps the children to explore the concept of trust, and experience building a trusting relationship with others.

What do we need?

Chairs or other objects such as desks.
Large beanbags and a variety of
different random items work best.

Check-in

At Children's Parliament, we start every session with a check-in. Children love these short activities, and they are a vital piece of our rights-based practice. Choose a check-in using our [Feelings Inspectors Check-in Kit](#).

“

The obstacle course was a fun way to explore trust. I was nervous at first, but you could feel the trust growing with your partner

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The Trust Troll

The Trust Maze

Instructions

Arrange the objects around the room and, in pairs, ask the children to take it in turns to shut their eyes and be physically guided by their partner through the "maze". If the children are comfortable doing so, they can try to go through the maze a second time on their own, trusting only in their partner's voice instructions.

After a few rounds and experimenting with how they have been guided you can explore these questions:

How did it feel to be guided round?

How did you feel being guided physically or just by voice instructions?

Did you trust your partner? What helped you feel trust in them?

Did anything make trusting them a bit tricky?

What did you do when you were the guide, to build your partners trust?

Is there anything about how you were as a guide that helps you think about what kind of friend or classmate you can be?

This activity could also be done outdoors. You should be mindful that some children may not know their left from right and so the children should be encouraged instead to use generic instructions such as turn towards the wall, the window, the tree etc.

Top tip

A mindful moment

At Children's Parliament, we end every session with a mindful moment to reflect on the session and wind-down. Choose a mindful moment using our [Feelings Inspectors Mindful Moment Kit](#).