



## TRUST ACTIVITIES

### 1. Trust Walk

For this activity you need to pair up, so that each child has a partner. You need an open space. Place obstacles like toys, pillows... randomly on the floor. Blindfold one partner. You may use the bandanas you tie dyed. The partner who is not blindfolded tells the other partner where to walk and what to do to reach the safe zone on other side. You can hold hands or use your voice. **How was your experience? Did you reach the safe zone? Was it hard to trust your partner?**

### 2. Trust Fall

For this activity you need to partner with your child. The child falls backwards while you have to catch him/her. Stand in front of each other and tell the child to make his/her body go stiff. Tell them to give a signal once he/she is about to fall backwards. As the child falls, you have to catch him/her gently by the armpit. Please be careful.

**How did it feel to fall backwards? Did you think your parent would catch you?**

### 3. Family Trust Activities

**CHORES:** Do your family members have daily chores? You could swap chores with each other once a week or once during this camp. Trust your siblings, parents to finish each others chores well. **How did it feel to do a chore for someone else? Did you trust your parent/sibling to complete your chores for you?**

**BLIND TASTING:** One family member is blindfolded. Take turns. Feed each other food and have the blindfolded person guess what they are eating. **Did you trust your family to feed you food that you like?**

### 4. Trust Jesus

What does it mean to trust and to rely on Jesus? If you trust someone, you feel comfortable that they will keep you safe, that you can be honest with them about your ideas and feelings. Jesus wants you to trust Him because Jesus loves you. You can talk to Him about anything. He wants to be with you even in struggles or pain. Jesus cares for you. Talk to Jesus in prayer and trust Him!

**Trust in the Lord with all your heart. Proverbs 3:5**