Class 3 Trust. Learning goal: 1) Students will share and discuss trust and what it means to school and the “learning zone.” 2) Student will engage in two activities to build trust

Materials:

1. M and m’s
2. Paper and pencil
3. Summit Team rules and mission ready to sign
4. Blindfolds/8 bandanas for trust walk
5. Synergo waivers/ ALSO Hike List for Saturday

**Circle up /check-in and greetings**; introduce lesson; first biz to take care of:

-Saturday hike – handout what to wear/bring sheet (calls home Thurs/Fri afternoon)

-Lunches/ordering. ANY special diets? Vegan? Can bring own lunch, so of hands

-Firm count on attending/not attending (for lunch count)

-Next week – challenge course forms back required (check list)

ALSO: Team Motto, Rules, Signatures and Photos!

Circle up. Sit and Share-out: Someone you trust who is not related to you (ie. Not family) and (optional) why you trust them. Other questions for the group:

-School is about learning. Do you need trust to learn – to be in the “learning zone”?

Discuss including people students trust at school. What builds trust, what breaks it. Can you repair trust? Lastly, will our SUMMIT TEAM need to trust each other at our Summit adventure? Why? (examples: helping someone, watching out for their safety, willing to take risk if someone is their to catch us)

**m&m s warm-up activity** (still in circle)

Pass m&m’s around the circle instruct students to take one color. Then have students share (verbally or paper and pencil - if on paper, have them fold and pass paper x-times to the person’s left).

Orange: a time in your life when you showed courage

Red: A time at school when you were embarrassed

Yellow: A time in your life when you were happy

Green: A time when you were envious of someone

Red: A time when you were really mad

Brown: A time when you felt fortunate, grateful

**Outside Trust Activities**

Trust walk: REMEMBER to space them out

-verbal, -non-verbal - hand guided

Willow in the Wind

-teach hand positions

-willow instructions: back straight

Trust Falls (optional – later lesson)

- back flat, arched. Shout: “ready to fall”

-catchers – min 8. Shout “ready to catch”

**Circle Up/Debrief questions. REMEMBER to hand out hike sheet**