



Character Program Idea #3

Focus on Trust: Trust Circle

Chapter Activity

Cost: Free

Time: 10 minutes

Supplies: Large open space

- I. This program idea is a focus on one of the pillars of character – the pillar of Trustworthiness. It is a quick, all group activity that will help you demonstrate **why trust is important to a team** or group.
- II. Say to the group: stand in a tight circle with their hands on the shoulders of the woman in front of them. Once everyone is in the circle, tell them on the count of three you want them to slowly sit down as a group! Count to three and let them sit. After a minute or so have participants stand up.
- III. If that goes well (and it should!), tell the group that you are going to do this again, but once everyone sits down you are going to take some steps together. Same process; you will count to three, everyone will sit and then slowly call out right, left, right, left...to help them move forward.
- IV. Have everyone stand up and lead a discussion about Trustworthiness and Trust.
- V. Ask the following questions:
 - a. **What does it mean to be trustworthy?**
 - b. **What are some words that define trust? (Honesty, integrity, reliability are some words you should hear.)**
 - c. **How do we as a chapter show trust?**
 - d. **Why is trust important to our character?**