

# Circle of Trust

## Aim of the activity



- To demonstrate that your group is inclusive, supportive and non-judgemental.
- To encourage ideas from young people.

## Logistics



- You will need to have a space large enough for your group to make a circle ideally indoors or on dry ground.

## Delivery Tips and Risks

- Ensure that the group are comfortable holding hands, if not, wrists would be acceptable, however this will impact on the group's ability to succeed at the challenge. Encourage the group to 'face their fears' and use this task as an opportunity to break down barriers and challenge inappropriate behaviour; discriminatory or non-inclusive behaviour.
- Explain that this is now the 'Circle of Trust' for the group in which you are going to work together to make the group be successful and supportive.
- Discourage the desire of some members of the group to try somersaulting in an attempt to solve the task.
- Demonstrate how to twist safely so as not to hold the hand of your partner so tight that fingers are crushed or shoulders become twisted. It is suggested that you demonstrate in a 'Strictly Come Dancing' style.
- When the group steps over the peers ensure that they all do this carefully and respectfully to ensure no one trips or stamps on the fingers of their peers. If the group do this well, praise them for looking after each other and taking care.

## Directions



- Ask the young people to make a circle with you and other staff as part of the circle, with everyone facing inwards. Ask everyone to hold hands.
- The challenge for the group is to end up facing outwards whilst still holding hands, the circle must not be broken. This means that the entire group start with their hips facing the inside of the circle and must end up with their hips facing the outside of the circle.
- There are three ways of doing this; twist (as in Strictly Come Dancing style), over (one pair kneels down still holding hands and the rest of the group take it in turns to walk over their arms) and under (one pair hold up their arms as an archway and the rest of the group take it in turns to go under the archway).
- The idea is to encourage leadership from individuals in the group.
- The young people will have ideas (although they may be reluctant to share) and your role is to encourage the sharing of those ideas within the circle of trust.
- Take one idea at a time and encourage the group to work through it.
- When achieved, reverse the action to return to the beginning.
- Celebrate each accomplishment of the group.
- Move onto the next idea.

## Similar Activities

The Human Knot would be an extension of this (see Team-Building).

# Find Your Pair

## Aim of the activity



- To encourage talking to each other within a new group.
- To facilitate asking appropriate questions.

## Logistics



- Works best with groups larger than 10 people.
- You will need to have pre-prepared pairs of items on separate card or paper e.g. sun and moon, Batman and Robin

## Delivery Tips and Risks

- Some young people may not know who or what they are looking for, so ensure everyone is aware of their pairings by quietly going round the group and checking in with people.
- Listen out for people who may be struggling to ask questions without the 'word' so that you can support them.

## Adaptations

- You could put in groups of 4 e.g. all four decks of a pack of cards, all four seasons etc.
- You could ask them to find each other without talking.
- Put characteristics on a post it and stick to head. Ask only yes/ no questions - one person as you move around - to find out what you are, so you can meet your match.

## Directions



- Mix the card/paper up and allow each young person to take one.
- Explain that they have to find their partner, the one who has the pair that matches their own.
- They are allowed to move around the room.
- They are allowed to ask questions however, as in the game 'Articulate', they cannot directly say the word they are looking for or say their own word e.g. you CAN ask - "are you in the sky at night" if they have the sun card and they are trying to find the moon, you CANNOT ask "are you the moon because I am the sun".
- They are not allowed to look at each other's bits of paper.
- They have to find their partner and then stand next to them while you wait for everyone to finish.
- You then ask everyone to call out their pairs.
- This now means you have the group in pairs should you wish to do another introductory activity.

# People Bingo

## Aim of the activity



- To allow young people to talk to people they do not know.
- To bring new people into an existing group.

## Logistics



- You need 10 or more young people, although it can be adapted for less than 10.
- Any room that everyone can fit in.
- Pre-printed Bingo cards and pens; enough for each person.

## Directions



- Give each young person a grid and a pen.
- Explain to them that the grid has nine characteristics written on and they need to go around the room and find nine people to match each characteristic.
- When they find a match, they write that person's name in the box.
- Each person's name can only be used once; this is to encourage young people to speak to lots of people and maybe go outside of their usual friendship groups.
- The first person to fill up their grid shouts 'bingo' and they are the winner.

## Delivery Tips and Risks

Keep the characteristics general, do not put any characteristics on the grid that could offend or discriminate.

## Adaptations

- This activity could be used if you have had a lot of new people join, and you could tailor the grid to encourage existing members to speak to the new ones, e.g. by having a box saying 'Someone I haven't spoken to before' or 'Someone who has been at the club less than a year'.
- If you want to encourage young people to speak to adults at the club, you could include a box like 'Someone who remembers the year 2000' or something similar that would only apply to leaders.
- If you have a smaller group, you might want to have fewer boxes on the grid or allow participants to write a person's name in two squares instead of one. For larger groups, you could add boxes to encourage participants to talk to more people.

# Slap, Click Name Game

## Aim of the activity



- To have fun with each other.
- To help learn names.

## Logistics



- Any size group as you can have more than 1 circle. Keep each circle to about 20 people maximum.
- Indoor or outdoor space large enough for the group to sit in a circle (either on chairs or the floor).
- No equipment needed.

## Delivery Tips and Risks

- Too much noise and excitement and not enough concentration is a risk. Ensure you manage the learning in a measured way and only progress if the group have the skills, understanding and ability.
- Be aware of how the laughter is managed, is it friendly or is there more to it?
- Warn the group against slapping their thighs too hard - over enthusiasm can lead to this!!

## Adaptations

The point of the game is to learn names so do not worry too much if people cannot click their fingers, the movement would be enough. Alternatively slap thighs twice and then clap twice.

## Directions



- Sit in a circle and get everyone to say their names, one at a time.
- Leader starts the rhythm; two slaps on the thigh, then right click, then left click. Keep the rhythm slow at this stage.
- Once the group have the rhythm introduce the point of the game; on the right click say your name and on the left click say the name of the person you are going to pass to.
- For practice just pass it round the circle to the person on your left until it returns back to the start.
- If this is successful, allow the group to move it round the circle wherever they want.
- Allow for three 'group doggy lives' as the group comes to terms with the rules.
- After these three doggy lives have been used, any mistake now means that the person making that mistake is out, BUT MUST STILL CONTINUE TO JOIN IN THE RHYTHM.
- Young people must stay aware of who is in and who is out, any mistake in name calling or rhythm means that student making the error is out.
- By a process of elimination two students will remain. Rock/paper/scissors decides the winner.

## Similar Activities

Throwing and catching a ball whilst saying your name would achieve similar outcomes.

# Two Truths and a Lie



## Aim of the activity



- To get to know one another
- To think on the spot

## Directions



- Ask young people to think about or write down two true things about themselves, as well as one lie that should be believable.
- Each person takes it in turn to read out their two truths and one lie, not necessarily in that order, and the rest of the group have to guess which one is the lie.
- You can take guesses either as a whole group, e.g. ask for a show of hands for each statement; or you could ask individuals to guess first.

## Logistics



- Any number (you may want to keep groups no bigger than 10-12 people at a time).
- As long as you can fit your group in, any space.
- You can do this with no equipment but you may want to provide pencil and paper.

## Delivery Tips and Risks

- This is not a disclosure exercise so you need to model an answer first that does not disclose information you are either not happy to give or should not give e.g. where you live.
- Encourage statements that are ambiguous and not obvious.
- If you are concerned about what someone might say, then check it with them first.
- If there are people in the room that know the speaker then ask them to wait before giving their guess.
- You can ask people to do this in pairs first before doing the activity as a whole group.
- Some young people may struggle to identify three statements or get confused about how many truths and lies there should be. When people are thinking ensure you help anyone who is looking 'stuck'.

## Adaptations

Put all truths into a bowl, and pick one out at random. Read it aloud, and the group can guess who it is about. The person whose truth it is can also join in with 'guesses'.