Trust

Trust is one of the cornerstones in human development and the base in all education. Building trust through drama is done by affirmation and to create a feeling that you are a part of the whole.

Trust can be divided into:
- Trust in yourself
- Trust to others
- The trust others give you

In trust building exercises it is important to change the composition of the pairs, so that everyone gets to know several others in the group.

Hand impulse
The whole group
Concentration in-group

The group stands in a circle, holding hands. The exercise starts with the leader lightly pressing the hand of the person to his/her left and this impulse continues through that person then pressing the next person’s left hand. The impulse passes through all the persons in the group and continues round and round again, the faster the better.

This exercise can be repeated in several sessions as a measurement of teamwork development.

Getting familiar
The whole group
Room awareness and affirmation

Move around the room, filling up the space, changing pace, changing direction, being aware of other people but not touching them. Now become aware of your friends, start to greet them one by one and try to greet everyone. Don’t stop! the movement

Walk together
The whole group
Group sensitivity

Everybody finds a space in the room. On a given signal (one hand clap), everyone starts walking, exploring all the space in the room. On a second signal, everybody stops and freezes. Now, that was easy. Do this a couple of times. Then without talking, everybody must decide to start walking at the same time – and then to stop as a group at the same time. This obviously will require some practice! With sensitivity, it can be done. Make the group aware of the rhythm they develop and make them break it. Side coaching: Change the rhythm and use shorter or longer intervals as they get used to it.

Name game1
The whole group
Affirmation and learning names

The group stands in a circle and begins by one person taking a step into the circle saying his/her name and presenting a simple movement with the whole body. The rest of the group repeats the action and the name. The next person does the same until everyone in the group has done the presentation of their names accompanied by a movement

Focus on the hand
Pairs
Leading and be lead

One holds out the palm of the hand in front of the others face: Maximum 10 cm in distance. The other must keep the distance by focusing on the hand while the “leader” starts to move the hand slowly in different directions. Move around in the room and investigate what kind of movements can be done. Build up the trust by making it more and more advanced. Change the leader after a while.
Reflect on: what was easy, to lead or to be lead?

The blind
Pairs
Leading and be led

Create two groups. One group is blindfolded while the rest is not. Each student chooses a “blind” person to lead from the back. They are not allowed to talk among themselves. The one standing behind holds out the arm and let their hand hold the shoulder of “the blind”. Only by using the impulses from the hand the pair starts to walk and move around in the room. Be sure to build the trust. You can feel through the hand and arm how it changes. When the leader feels that the trust is given, you can challenge yourself by using less of the hand to give impulses. You can also speed up the tempo, change the level of movement (down – up) and invent obstacles in the way. Change the leader after a while.

Reflect: what was easy, to lead or to be lead?
What kind of senses did you use? How did you notice trust and mistrust?

Name game 2
The whole group
Learning names with laughter

Sitting or standing in a ring: One person in the centre holds a rolled up newspaper. It starts with someone from the ring calling out of someone else by their name (Person A calling person Z). As soon as they are called they must call out another name. Meanwhile the one in the centre of the circle must try and hit the person whose name is being called out with the rolled up newspaper before a new name is called out. If that person succeeds, the one hit swaps places with the one who has hit him/her.