

# Trust Fall

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## **Instructions:**

Ask teens to pair up with the person they most trust in the group. Explain that a trust fall means that you will fall onto the other person and that they will catch you. Teens should cross their arms when falling and fall backwards into the arms of their partner.

## **Questions to facilitate a discussion:**

- ❖ Were you scared? Why?
- ❖ Did you know for sure that your partner would catch you?
- ❖ How did you know?
- ❖ How were you able to trust this person enough to fall?
- ❖ What would have happened if they didn't catch you? What would this do to your relationship?
- ❖ Have you ever been "let down" before? What happened? How did you overcome this fall?
- ❖ What is the connection between the trust fall and belief in G-d?
- ❖ Can we regain trust if we fall? How?