



# Test Drive Your Trust

## Description

“Test drive” is an activity from Georgia 4-H'er, Oakley, used to build and teach the importance of trust. Through youth “driving” each other around, they will be able to see how hard it is to build and maintain trust and how easy it is to lose it. This activity works well in the social/emotional concept of healthy living, specifically for relationship and bullying prevention.



## Activity

Before the activity, set up a room with items, or use any room or area to make an obstacle course to go through. This activity is about trust and how important it is. Have the youth pair up into groups of two and instruct the groups to choose which of them will be the “driver” and which will be the “car.” The driver will stand behind the “car” and provide driving instructions without speaking to the car.

## Instructions:

1. Start walking
2. Double tap on both shoulders
3. Stop walking
4. Tap once on both shoulders
5. Turn left
6. Tap left shoulder
7. Turn right
8. Tap right shoulder
9. Honk horn
10. Tap the top of the head

Have the “car” close their eyes and then have the “driver” start their engines. Allow the driving teams to drive around a bit; if volunteers are available, it is suggested to place some around to keep them safe from falling or bumping into objects. Have the driving teams switch places and drive around a bit.

## When finished, ask the group questions like:

1. Who picked who would be the driver?
2. Was it difficult to be led around without seeing?
3. Did anyone lose trust in their partner?

## Why?

1. How did it feel to switch positions?
2. If you lost trust in each other, were you able to build it back?