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Edu4Impact LTTA – Case study 3

General Information

- **Activity name**: Building Trust
- **SEL Training Area**: Social Awareness

1. Objective of the Activity

What is the main goal of your activity? What do you want participants to learn or develop?

The main goal of this activity is to foster trust and interpersonal connection among participants who may experience difficulties in trusting others, such as prisoners, inmates, or people recovering from substance abuse.

The activity aims to create a safe and supportive environment in which participants can develop emotional awareness, mutual support, and cooperation through experiential learning.

Specific objectives:

- Develop empathy and understanding towards others.
- Strengthen self-confidence and empowerment.
- Promote team bonding and group cohesion.
- Enhance resilience and emotional regulation.

Encourage communication and mutual responsibility2. Target Group

Who is this activity designed for? Be as specific as possible.

- **Type of participants**: Prisoners, inmates, or people with substance abuse problems.
- **Age range**: 18-35
- **Specific needs (if any)**:
  - Difficulties related to trust and interpersonal relationships.
  - Experience of confined or socially restricted environments.
  - Communication difficulties or social interaction limitations.
  - Emotional vulnerability and low self-confidence.

3. Description of the Activity

Describe the activity step by step so that others can replicate it (e.g. intro, development, wrap-up – debriefing)

1. Participants work in pairs.
2. Person A stands upright while Person B stands behind them, ready to provide support.
3. Person A slowly falls backwards while Person B catches and supports them safely.

Difficulty progression / escalation

The activity can be adapted by increasing the level of difficulty:

- Increasing the distance between Person A and Person B.
- Asking Person A to close their eyes or wear a blindfold.

Instructions for facilitators

- Clearly explain the activity and safety instructions before starting.
- Ensure that participants understand their roles and responsibilities.
- Ask participants questions to confirm understanding and readiness.
- Provide emotional support if participants feel uncomfortable or anxious.

4. Participants rotate roles so that Person A becomes Person B.
5. Reflection and debriefing
   Facilitate a group discussion focused on:

- Emotional and physical sensations experienced during the activity.
- Feelings related to trust, vulnerability, and responsibility.
- Decision-making and self-awareness.
- The importance of communication and mutual support.

4. SEL Competence / Skill Developed

Which SEL competence(s) does your activity target? (Self-awareness; Social awareness; Responsible decision-making; Self-management; Relationship skills)
Explain how this competence is developed through the activity:
This activity promotes the development of the following Social and Emotional Learning (SEL) competences:

- Empathy
- Communication skills
- Trust-building
- Responsible decision-making
- Resilience
- Teamwork and cooperation
- Sense of safety and caregiving

Through the activity, participants experience interdependence and mutual responsibility, which contributes to the development of socialisation skills and healthier interpersonal relationships.

5. Materials and Space Needed

What do you need to implement this activity?

- Blindfold (optional)
- Open and safe space with enough room for movement
- Facilitator supervision

6. Adaptation to Different Contexts

How does this activity fit your professional context?

This activity can be adapted to different participant profiles and contexts, including children, vulnerable populations, or individuals with mental health conditions.

Adaptations may include:

- Using mediators or additional facilitators.
- Providing simplified or alternative instructions.
- Adjusting the activity according to participants' motor skills, emotional needs, or cognitive abilities.
- Ensuring an inclusive and psychologically safe environment.

7. Expected Outcomes

What changes do you expect in participants after this activity?

After the activity, participants are expected to:

- Increase trust towards others.
- Improve communication and cooperation skills.
- Develop healthier coping mechanisms.
- Enhance emotional awareness and self-confidence.
- Strengthen group cohesion and interpersonal relationships.
- Feel safer and more connected within the group environment.