



Trust Walk

Goal:

Engage in an activity where trust is needed to proceed

Rationale:

Trust is not easily gained and easy to lose. This activity asks the veteran to step out and try

Objective:

- To step out of their comfort zone
- Engage in an activity without the sense of sight

Materials:

- Props from the arena
- Bandanas
- 2 horses with halter and lead

Activity:

- Veterans build two identical obstacle courses from props in the arena and indicate the pattern to go through them
- Pick teams of 2
- Veteran 1 is blindfolded and leads the horse
- Veteran 2 must get veteran 1 through the obstacle course without mishap
- Switch places within the team
- If time, switch horses and do it again
- Process

Process

- Was this easy or hard?
- Which position did you struggle with and why?
- Which position did you like better and why?
- What could you have done differently to get a better outcome?