Trust and Learn

A BAREFOOT SOCIAL SKILLS AND BEHAVIOR LESSON FOR ALL AGES

It is hard to move from one busy moment of the school day to another, to move from a lot of noise and activity to a place where you need to listen. These activities from Barefoot Books’ Yoga Pretzels card deck will help children calm down and focus, as well as teaching them about trust and listening.

WHAT TO DO

1. Sometimes we all learn better from doing rather than listening, so run an active learning session on trust.

2. Use partner work. Put the children in pairs and choose one of the Yoga Pretzels Trust Partner cards. After the children have come out of their shape, ask them: how did it feel to be in that shape with your partner? What adjectives would you use to describe that feeling? How would you describe your partner? Move to another of the Partner activities. How did this second activity affect your relationship? How was it different? Who is leading/who is supporting? Where do each of you need support? Is it in the same place?

3. Extension: This activity could lead into a brainstorming session about support, different individuals’ needs, and what is the best way to help. Ask the children: how does it feel to be helped? How does it feel to help? There are five Partner Cards in the Yoga Pretzels deck. Any of the partnered activities would work well in an active learning session on trust.

4. Using Yoga Pretzels cards, try these Trust and Focus activities to open and close discussion sessions:

   Community Circle Card: Start or finish a discussion group with this activity. Encourage the children to be honest about how they are feeling. Some of them may be feeling anxious, tired, or quiet. Talk about trusting the group before you open the session or as you end it.

   Bunny Breath Card: Start a discussion group with this activity. Encourage the children to relax and feel ready for the session you are about to lead.

   Animal Friend Card: Start or finish a discussion group with this activity. Encourage the children to feel safe and to trust the group they’re in.