



Fostering Resilience

Building Trust and Relationships

In order to have healthy relationships, we need to build good trust and friendships. The following are some fun activities you can do at home to strengthen and build relationships.

Trust Walk



Working together create a homemade obstacle course. Move furniture or build one outside – be as adventurous as you like! Once completed, one person wears a blindfold and must rely on the instruction from the other to walk through the obstacle course. The person guiding needs to give the best instruction they can to get the person safely through the course! Afterwards, talk about how each person felt while completing the course or giving instructions.

Musical Chairs

Musical chairs is a classic, but brilliant for building resilience, having fun and building on relationships. Start the game by having the same number of chairs as players, so that everyone has a seat the first round. Then round by round, remove a chair each time so there's always one person out when the music stops. Players will experience emotions connected to being the odd one out and learn how to cope with those feelings. Talk about it at the end of the game, so children get a chance to express what they're internalizing.



Hula-Hoop Challenge



Another step towards building resilience in children is by learning to face conflict and develop problem-solving skills. This game gives players a chance to work together as a group towards a common goal. Form a circle while holding hands, but before the last two hold hands, place a hula-hoop over one arm. Without letting each others hands go, the challenge is to get the hula-hoop to move across the circle. Players will have to work together to move the hoop and support each other so they don't fall over. At the end, talk about what made it difficult and the ideas they came up with to solve problems. If you don't have a hoop, you can modify the game by forming a circle, everyone placing both hands in the middle then holding the hand of another two people. The aim is then to try and untangle the circle without letting go of anybody's hand. This is more difficult as it doesn't always work (so it is best to put a time limit on it) but it is another good way to discuss the small achievements within the game.

Remember to share photos of your games with us:



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