

Trust Exercise

Prompt: Think back to when you were in high school. Was there a teacher, coach, any adult you knew that you trusted? If not, think of someone recently who you know and trust. OR, if you have mentoring experience, consider yourself in relation to your mentee.

Take a few moments to discuss questions 1-4 with your partner. Please be ready to share your response to question 4 with the group.

1. With that person in mind list 5 traits or characteristics they displayed to help you to trust them.

2. List 3 ways how does or did this person display these traits or characteristics specifically?

3. What 2 behaviors or gestures built that trust?

Share out

4. What 1 addition or changes in behaviors, practices or gestures can you add when building trust with our students and others?