

Khululeka

grief support for children and youth

The Trust bus

The purpose of this exercise is to help children know who they trust and be conscious of their support network.

Before starting the activity please talk about trust and then get the children to explore what it means to trust someone.

Use one of the trust games you find in this manual. Allow each child to tell how it felt being blindfolded, and how they had to trust the person they were with.

Give each child a copy of the bus and ask to draw the faces of those people on the bus it feels it can trust.

A brother, a mother, a teacher a friend, a neighbour,

The trust bus consolidated the learning and discussion of who and why they trust someone can reveal a lot about the child's feelings.

More information on www.Khululeka.org



Trustbus

