

# TRUST ACTIVITIES

## Body Pass

1. Squad members lie down ear-to-ear, alternating directions.
2. One squad member is passed down the rows of squad members.
3. The person must stay perfectly stiff as the others pass him/her face up to the end of the row.
4. When the person reaches the end, he/she lies down and joins the others as a passer.
5. Body pass is complete when team member has been passed and has helped pass others.

## Trust Fall

1. One squad member stands on a higher object, like a bleacher step or chair.
2. The person falls back into the other squad member's arms.
3. Since the person falling is not looking at the others, this person must trust that the others will catch him/her.

## Trust Walk

1. Each person in the squad pairs up with another.
2. Determine who will be person A and person B.
3. Person A will stand in front and be the leader.
4. Person B will place his/her hands on the shoulders of person A and close his/her eyes.
5. On "GO", person A will lead person B through the crowd of other partners.
6. To increase the difficulty of this, add three or four "blind" squad members to follow behind the leader forming a snake-like line.

## Positive Reinforcement

Positive Reinforcement lets cheerleaders know that their hard work is noticed and appreciated. Cheerleaders will be more apt to continue these traits when they are recognized.

## Word Gift

1. The coach decides on a positive word that portrays each squad member.
2. The coach gives each member his/her word in front of the whole group and explains why this word was chosen.

## Team Word Gift

1. Each cheerleader has a paper with his/her name at the top.
2. The papers are passed around the squad and each squad member writes a positive word about the person whose name is at the top of the paper.
3. Each cheerleader receives his/her paper with all of the positive words describing him/her.

*Express Cheer & Dance*  
*Training Champions, Changing Lives*