



## Oklahoma 4-H Youth Development Program

# Building Leaders for Tomorrow

Instilling and developing leadership capabilities in youth and adults.

**AGE LEVEL** - Advanced

**CONCEPT OR SKILL** – Health Lifestyle Choices – Serve as a role model in word, deed, thought and action.

**LIFE SKILL(S)** – **Health** – Self-responsibility, Self-discipline;  
**Heart** – Concern for Others;  
**Hands** – Self-motivation

**BEHAVIORAL INDICATOR** – Have the ability to recognize their position as a role model to younger youth. They are developing a sense of purpose and future.

## ACTIVITY 20: “Trust Lift”

### THINGS TO KNOW:

Activities that ask individuals to trust others physically often result in an increase of physical and emotional trust. It is important when using trust activities to be able to determine the comfort levels in the group. In order to grow, youth should be challenged both as individuals and as a group to adventure outside of their personal comfort zones. However, the challenge should not be so great that it is detrimental to their ability to trust others. As a volunteer you must be sensitive to the group’s physical and mental needs and their readiness for attempting trust activities. It is always *okay* for an individual to “pass” on something that they do not feel ready for.

The trust lift is an activity best attempted after the group has spent some time together and is familiar with each other. It’s a great “winding down” activity that requires some quiet concentration (by the lifters) and encouragement (for the lifted). The volunteer should discuss the importance of safety before beginning this activity, how to lift with the legs and not the back and how to careful spotting the person being lifted.

Revisiting the six pillars of character would be beneficial to the focus of this activity - *Healthy Lifestyle Choices*. The pillars help people make good decisions in all aspects of their lives: work, athletics, school, clubs, place of worship, family, community, etc.

### Trustworthiness

- Be honest.
- Don’t deceive, cheat, or steal.
- Be reliable — do what you say you’ll do.
- Have the courage to do the right thing.
- Build a good reputation.
- Be loyal — stand by your family, friends, and country.

### Respect

- Treat others the way you want to be treated.
- Be tolerant of differences.
- Use good manners, not bad language.
- Be considerate of the feelings of others.

- Don’t threaten, hit, or hurt anyone.
- Deal peacefully with anger, insults, and disagreements.

### Responsibility

- Do what you are supposed to do.
- Persevere; keep on trying!
- Always do your best.
- Be self-disciplined.
- Think before you act — consider the consequences.
- Be accountable for your choices.

### Fairness

- Play by the rules.
- Take turns and share.
- Be open-minded; listen to others.
- Don’t take advantage of others.
- Don’t blame others carelessly.

### Caring

- Be kind.
- Be compassionate and show you care.
- Express gratitude.
- Forgive others.
- Help people in need.

### Citizenship

- Make your school and community better.
- Cooperate.
- Stay informed; vote.
- Be a good neighbor.
- Obey laws and rules and respect authority.
- Protect the environment.

**Materials Needed:** A knotted raccoon circle.

**Do:** Begin by creating a double hourglass shape with a knotted raccoon circle (see photo below). This shape forms the “cradle” that will support the individual being lifted. Have the individual lie down, face up, along the cradle. Station three lifters on each side of the person, by the shoulders, waist and knees. Additional spotters are located at the head and feet. The spotter at the head is responsible for the well-being of both the person being lifted (giving verbal reassurances) and the other spotters (reminding them to keep their backs straight and lift properly.) If everyone is comfortable, the individual can be gently rocked back and forth at waist level for a very relaxing experience. Have some folks stand back and observe. They will have another perspective to add to the group processing.



**Reflect:**

- 1) What did you observe/sense while lifted above the ground?
- 2) Were some senses more acute than others?
- 3) What did you observe/sense acting as a lifter?
- 4) What did you observe about the behavior of others?

**Apply:**

- 1) Define trust?
- 2) In what ways do we trust people each day?
- 3) In what way does trust effect our health and well being?
- 4) What factors cause one to lose trust?
- 5) In what ways can trust be re-established? Many moments during one’s lifetime, we will need help. It’s okay to ask for help and to depend on the strengths of others. Others will often depend on your strengths. Serve and be served.

Source: Cain, Jim and Smith, Tom. 2002 The Book on Raccoon Circles I. Learning Unlimited Cooperation, Tulsa, Oklahoma.