

# Sherpa Walk

**"Sherpa Walk"** is a beginning trust activity.

Have group members line up holding hands (or use buddy ropes). Instruct all group members to close their eyes and try to keep them closed during the entire activity. The facilitator holds the free hand of the person at the front of the line. Lead the group around the room or from one part of the campus to another. You may have different members of the group take turns leading (with their eyes open). Instruct the leaders to give verbal cues when coming to potential hazards such as curbs.

Sample Debrief Questions:

- Were you able to keep your eyes shut the entire time?
  - What made that possible (or not possible)?
- How did people help you?
- How did you help other people?
- What could people do to help you feel comfortable keeping your eyes shut?