



Australian Government
Australian Sports Commission



Trust trains

This is a movement-based, non-verbal game of Chinese Whispers. Players are in short lines (trains) with each player holding the shoulders of the player in front of them. Everyone except the driver has their eyes shut. The aim is for the driver to move the train around the room without bumping into other trains. (Play in groups of 4 or 5.)

What to do

- > In groups, players stand in a line holding the shoulders of the player in front.



- > Nominate a 'driver' who stands at the front
- > Everyone — except the driver — has their eyes shut.
- > The driver 'controls' the trust train by moving slowly in safe directions around the room, avoiding other trains.
- > Change 'drivers' regularly.

Change it

- > Vary the style of locomotion according to ability (e.g. hopping, crouching etc).
- > Form trust trains with drivers at the back where all the front players close their eyes. The front player has 'bumpers' (hands up with the palms facing outwards) to protect themselves.
- > Players come up with a range of commands to enable the back player to 'control the train' e.g. squeezing the right shoulder to turn right.



- > The driver sends these 'messages' up the 'train' by passing them to the player in front, and so on.

Safety

- > This game is about trust, so it is important for you to talk to the players about how to be trustworthy and working safely as a team.
- > The key to success is keeping the movements slow and controlled.

Ask the players

- > With the driver at the front, how can you work together as a team to make sure you don't bump into any other trains?
- > With the driver at the back, which movements could you use to control different directions? Which ones work best? Why?

LESSON LINK:

Trust trains is a cooperative activity that uses verbal and non-verbal communication, and encourages trust between team-mates. Get Into It MV 14A *Squeeze step* is a good variation.

