What is Trust?

Being reliable and loyal to the people you love, keeping your promises, looking at situations carefully, staying true to what you believe.

Our favorite books that help teach this value:
ACTIVITIES ABOUT TRUST

Venn Diagram

This activity introduces the concept of comparing. After you read a "Frog and Toad" story together, help your child draw two large overlapping circles on a sheet of paper. Make sure there is enough space to write in each circle and in the middle.

At the top of one circle, write "TOAD" and on the other, write "FROG." In the circles, help your child brainstorm ways they are different and write them down in each character's circle. Write they ways they're similar in the middle. You and your child can draw pictures to accompany your bullet point list, as well!

3-Legged Race

A fun outdoor game for older children or siblings who are similar in age! Using a rope, scarves, or even a stretchy headband, tie their right and left leg together. Ready, set go! The two partners will have to communicate and trust each other to walk "on three legs." Once they get some practice, you can try this game with a group of friends and have pairs race each other across a specific distance.

Trust Handprint

Trace your child's hand with a pencil and have them trace over the pencil with a marker or colored pencil. You can also use water-based paint to lightly paint your child's palm. Have them firmly place their hand on a piece of paper for a few seconds. Blow on the paint to help it dry.

Talk to your child about people in their lives who they trust, what it means to trust someone, and why it's important. Parents and teachers can be good examples. Help your child write 5 names on each of their fingers on the handprint and hang it on the refrigerator or in their room.