

Trust SEPTEMBER 2022

SAY IT:

Trust means putting your confidence in someone you can depend on.

KNOW IT:

ASK A GROWN UP:

- Describe a time in your life when you had to really trust someone. How did the situation turn out?

ASK A KID:

- Have you ever had to work on a group project where you had to depend on a friend to do their part? Was it hard to trust them? How did the situation work out?

SEE IT:

The movie Luca portrays a wonderful friendship that required a lot of trust. The main characters Luca and Alberto had to trust each other and their new friend Guilia. Watch a clip online of the movie's ending and see how trusting each other not only put them at risk, but also helped the friends be more successful when they worked together.

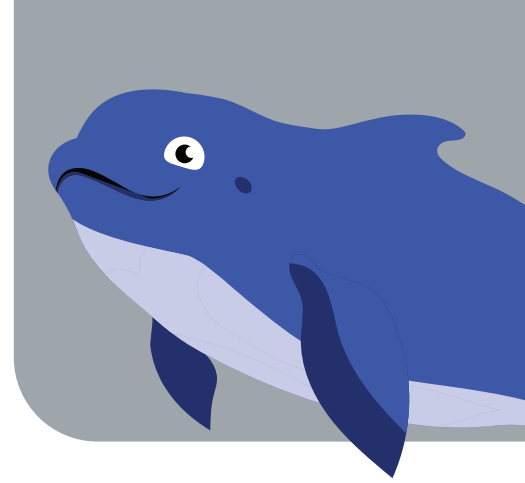
BE IT:

As a family, take turns participating in a "trust fall." Have each person close their eyes and fall back while the rest of the family catches them before they fall. For safety, try it sitting down and falling back on a couch or bed. With the little ones, have them stand on the bed and fall back. Use the commands, "Ready?" "Ready," "Falling," "Fall Away." Talk about other ways you can build trust and be trustworthy in your family and in your community.

PHASE

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At every age, kids need significant relationships.

The significant relationships in a child's life include parents, teachers, relatives, coaches, and spiritual leaders.

As a parent, you can encourage these relationships as a way to ensure that other trusted adults are surrounding your kids with the same messages and advice that you would.

So don't miss it. This year, this month, today is just a Phase!