

TRUSTWORTHINESS

Good people are people you can trust. They are honest; they tell the truth. They are brave enough to do good things, even when people want them to do bad things. They keep promises; if they say they'll do something, they do it. They say and do good things for their families and friends; they are loyal.

Good people do the right thing, even when doing or saying the right thing gets them into trouble or causes them to lose friends, opportunities or money.

Honesty Do's

- ☺ Tell only the truth.
- ☺ Tell all the truth.
- ☺ Say what you mean.
- ☺ If you find something, return it to its owner.
- ☺ Do the good things you say you'll do.

Honesty Don'ts

- ☹ Don't say you'll do something without really doing it.
- ☹ Don't tell a lie.
- ☹ Don't let anyone think something that isn't true.
- ☹ Don't trick anyone.
- ☹ Don't steal.
- ☹ Don't cheat.

Integrity Do's

- ☺ Be brave and always do and say the right things.
- ☺ Do the right thing, even when people want you to do bad things.
- ☺ Be good, all the time.

Integrity Don'ts

- ☹ Don't do bad things, even when people try to force you.
- ☹ Don't do or say bad things, even if it means you'll lose friends or fun or money.

Promise-keeping Do's

- ☺ Do what you say you are going to do.
- ☺ Return the things you borrow.
- ☺ Be careful of what you say you'll do. Only say you will do the things you think you really can do.

Promise-keeping Don'ts

- ☹ Don't trick people to get out of a promise.
- ☹ Don't break a promise.
- ☹ Don't make promises you can't keep.

Loyalty Do's

- ☺ Help and protect your family, friends, teachers, school and community.
- ☺ Keep confidential information to yourself.

Loyalty Don'ts

- ☹ Don't gossip, or say things that hurt people.
- ☹ Don't lie, cheat or steal to get what you want.
- ☹ Don't ask anyone to do anything bad.



Audience:

Up to 28
4- to 6-year-olds
(smaller groups better)

Time: 45 minutes

Objective:

Children will become aware of the behavior that leads to trust, and the behavior that causes people not to trust someone.

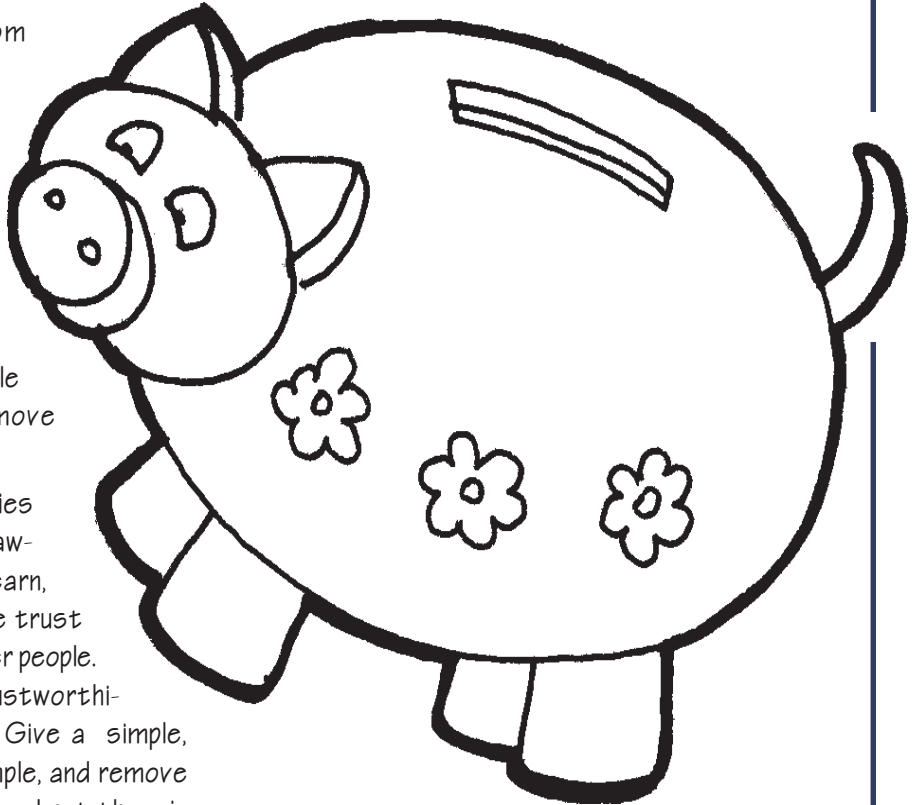
What the Instructor Needs to Provide: tape, crayons, index cards, boxes to use as "building blocks"

What you say:	What you do or show:	What participants do:	Hints for trainers:
<p>1 If your mom asks you to pick up your toys, can she count on you to do it?</p>	Wait for answers.	Children answer.	
<p>2 Can she count on you to pick up those toys, even if she isn't looking?</p>	Wait for answers.	Children answer.	
<p>3 Character is what you do when no one is even looking. People with good character do good things, even when their moms aren't looking.</p> <p>People who do good things over and over again, even when parents and teachers aren't looking, earn trust.</p> <p>Trust means that people can count on you to do the right thing and to say things that are true even when no one sees you.</p> <p>It takes a long time to let people know you will do the right things. You have to do many good things before people will trust you. When people trust you, they let you do more things. They know you'll do the right thing, even when they aren't with you.</p> <p>Think about you and your mom. When she knows you do good things when she isn't even with you, she will let you do more things by yourself.</p> <p>What are some things you can do to show your mom she can trust you? That is, what good things can you do to show your mom she can count on you, and that you are growing?</p>	Solicit answers.	Children answer.	
<p>4 You've had such good ideas! Here's an index card. Draw a picture of yourself doing one of those good things that will help your mom trust you.</p>	<p>Distribute crayons and index cards.</p> <p>Allow about 3 minutes for the children to draw and color.</p>	Children illustrate trust-worthy behavior.	
<p>5 Tell me about your pictures.</p>	Allow sharing time.	Children describe their pictures.	

What you say:	What you do or show:	What participants do:	Hints for trainers:
<p>6 Your pictures all show good ways to build trust with your mom. We'll call this our trust tower. I've been building it with your examples of good things to do.</p>	<p>Tape each picture to a building block, and slowly build a tall tower with each child's block.</p>		<p>Cardboard blocks can be ordered from school supply catalogs.</p>
<p>7 It has taken a long time to build your mom's trust in you. But it doesn't take long at all to destroy the tower of trust. What if you tell your mom you picked up all your toys, and she finds them under the rug? Will that help her trust you?</p> <p>Then let's pull a block from the base of our tower of trust. Every untrue thing you say takes away a little of the trust people have in you.</p>	<p>Solicit an answer. Carefully pull a block from the tower. Comment on the effect of the block removal.</p>	<p>Hopefully the children will answer, "No."</p>	<p>Try to pull out the block so it doesn't destroy the tower right away.</p>
<p>8 What happens if you tell your mom you ate the green beans? Then she sees that you fed them to your dog instead? Will she trust you more, or less? Then let's pull another block from our tower of trust.</p>	<p>Solicit answers. Carefully pull another block from the tower, and comment on the results.</p>	<p>Children reply.</p>	
<p>9 What happens if your mom asks if you have seen her car phone and you say, "No." Then she finds you using it to play "Rescue 911"? Will you build up or tear down the trust she has for you?</p>	<p>Solicit answers.</p>	<p>Children reply.</p>	
<p>10 Then let's take another block from the base of the tower of trust. How does our tower of trust look now? It isn't much of a tower any more. Do you think your mom is going to trust you anymore? What will it take to get her to count on you to do the right thing?</p> <p>It's even harder to rebuild the wall than it was to build it the first time! We have to clean up all this mess before we can even start building again.</p>	<p>Remove another block from the tower. Discuss the results after the tower falls.</p>	<p>Children reply.</p>	<p>For ideas, refer to the "Do's" and "Don'ts" on the first page of this lesson plan.</p>
<p>11 Will you remember this tower? What will you remember about it? What good things are you going to do, to help your mom trust you?</p> <p>You built such a nice tower today! Build trust every day!</p>	<p>Solicit replies from the children.</p>	<p>Children reply.</p>	

Other Ways to Help 4- to 6-Year-Olds Be Trustworthy

- Use simple questions for this abstract concept. Ask: "If your mom asks you to do something, can she count on you to do it? If she can, she trusts you. Who are some people you know who do what they say they will? Those are people you trust."
- Have the children draw pictures of the people they trust. Ask "What can you do so people will trust you?"
- Let them create a mural on butcher paper or on a long sheet of newsprint with each of the children drawing pictures that show him or her being honest, keeping promises or being loyal. (You'll have to explain each term and give examples.)
- Read a story, then ask, "Was she honest? Did she keep her promises? Was he loyal?"
- Cut a giant heart from posterboard. Then cut it into pieces with the children's ideas (and your own) on ways to help Moms and Dads know their children are growing up as good people. Show that we build trust very slowly, but that we can destroy it quickly with just one or two lies, broken promises or disloyal acts. Use simple examples of dishonesty and remove pieces of the heart.
- Use a real piggy bank and pennies or a drawing of a piggy bank and drawings of coins to describe how we earn, collect, save, build up or accumulate trust from our parents, teachers and other people. Add a penny for each example of trustworthiness you or the children suggest. Give a simple, common, dishonest "what if..." example, and remove a handful of pennies from the bank and put them in your pocket. Give another dishonest example or two, and leave few or no pennies left in the bank. Follow with a discussion on earning trust.
- Ask parents to follow this lesson with a word-for-the-day exercise. Catch children doing something honest, keeping a promise, being loyal, or showing integrity. Ask parents to say the word for the day when they see a child acting it out, and to praise the child, hug their son or daughter, and celebrate when they see the word in action.
- Ask parents to reinforce the lesson by reviewing the trustworthiness do's and don'ts with their children.
- Parents can reinforce the piggy bank concept by adding pennies to a jar when a child does or says something that helps the parent trust her or him, and taking pennies away when actions or words destroy trust.



Exercising Character

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