



Students will reflect on the positive traits/parts/aspects of themselves that others can trust and in what situations students will show that aspect.



Pencils and/or pens; lined paper or scratch paper.

Total Prep Time: 5 mins.



As this is the first Monday of the month, please consider sharing or re-sharing the Monthly Kick-Off activity and/or monthly video at this link: <https://everymondaymatters.org/blog/>

***TRUST is an incredibly important concept to how we believe in ourselves, interact with others, and become part of our community. TRUST can also be a scary word. Please keep in mind your students who may be sensitive to this activity.

4 C's		SOCIAL & EMOTIONAL LEARNING		SERVICE LEARNING	
•	Critical thinking	•	Self-awareness		Integrated learning
•	Communication		Self-management		High quality service
	Collaboration	•	Social-awareness		Collaboration
•	Creativity		Relationship skills		Student voice
		•	Responsible decision-making		Civic responsibility
				•	Reflection
					Evaluation

GOALS FOR THE WEEK

- **DISCOVER** how when we are able to TRUST, we are able to live a richer life.
- **UNDERSTAND** how when we TRUST we make ourselves vulnerable but also show an inner strength.
- **ENGAGE** and practice ways to TRUST so that we can create a LOVING community.



STUDENT ACTIVITY: **DEPEND ON ME**

1) SHARE THE NAME OF THIS ACTIVITY WITH STUDENTS: DEPEND ON ME

2) CONSIDER ASKING 1-3 QUESTIONS FROM THE LIST BELOW TO WARM STUDENTS UP ON THE ACTIVITY'S FOCUS:

***NOTE:** *Choose questions appropriate to your students' ages, grades, ability levels, and classroom goals. Students may share their answers in pairs, small groups, or as a large group.*

- **What does trust mean?**
 - Possible answer: a strong belief that something will happen; ability to rely on someone
- **How do you come to TRUST someone or something?**
- **Have you ever lost or took away your TRUST in something or someone?**
 - If students share stories, try to guide them to share their stories without naming anyone.
- **What can someone do to either rebuild TRUST or learn to give their TRUST again?**
- **How might being able to TRUST help us GET LOVING?**

3) SET UP THE "DEPEND ON ME" ACTIVITY:

- **Explain:**
 - Trust is such an important word in our lives.
 - In a way, TRUST is a constant companion.
 - Sometimes, we have so much TRUST we don't even think about it.
 - For example, we TRUST that the sun rises and sets, even when we can't see it.
 - We trust that our teacher will always have pencils.
 - We trust that we will always have a school.
 - But sometimes, something happens, and we feel like we may not be able to TRUST again.
 - We become cautious and doubtful.
 - Our self-confidence decreases.
- **Ask:**
 - What are things in your life that you can TRUST?
 - How can focusing on the things we do TRUST help us keep our self-confidence?

4) START THE "DEPEND ON ME" ACTIVITY:

- **Explain:**
 - TRUST is an incredibly important concept, especially when interacting with others.
 - To give someone our TRUST or put our TRUST into something is really a sign of strength and confidence.
 - Giving TRUST is like taking a risk.
 - Having TRUST in ourselves is equally as important as TRUSTING others.
 - When we are able to have TRUST in ourselves, we are able to TRUST others a bit more.
 - Today, we're going to think about what positive aspects of ourselves others can TRUST.
 - For example: You might be very helpful. When someone, a teacher, a classmate, or a family member, is in need of support, you are there.
 - After we brainstorm these traits, you will focus on one.
 - Then you'll create situations in which others will see this trait.
 - Hopefully, you will realize that others can really DEPEND ON and TRUST you.
- **Begin the activity.**
- **Pass out DEPEND ON ME worksheet or blank paper.**
 - Consider using the positive character traits list to help students think about one trait.
- **After students select one trait, have students create real-life scenarios in which others would see that trait.**
- **Get ready for reflection.**

5) AFTER THE ACTIVITY, CONSIDER ASKING 1-3 OF THE FOLLOWING QUESTIONS TO HELP STUDENTS REFLECT ON WHAT THEY'VE ACCOMPLISHED AND HOW THEY CAN TAKE THIS FORWARD:

***NOTE:** *Choose questions appropriate to your students' ages, grades, ability levels, and classroom goals. Students may share their answers in pairs, small groups, or as a large group.*

- In what ways can others depend on you?
- What situations might make it difficult for you to TRUST yourself?
- What situations might it be easier to TRUST yourself?
- How can you remember that there are positive things about you that others can TRUST?
- How might TRUST help you GET LOVING?
- How might TRUST connect you to how much YOU MATTER?

6) THANK STUDENTS FOR REFLECTING ON WHAT OTHERS CAN TRUST YOU TO DO AND BE. Remind students that TRUSTING yourself builds stronger relationships, friendships and community. Remind students that sometimes it can be difficult to TRUST themselves but when they do, they'll start to experience more self-confidence.

7) LATER, CHECK IN WITH STUDENTS IF THEY HAD ANY OPPORTUNITIES TO USE THEIR "DEPEND ON ME" trait as they interacted with others.

8) CONSIDER CONTINUING TO EXPLORE "TRUST" BY LEADING ONE OR MORE OF THE EXTENSION ACTIVITIES.



EXTENSION IDEAS:

TRY OUT THIS EXTENSION IDEA TO CONTINUE TRUST

- 1) Trust Walk:** Trust takes a little bit of risk – especially when you try something new. Next time you have the opportunity to try something new...do it. It can be as simple as greeting someone you don't know at school, asking your teacher for help, or trying a new activity or game. Even if it doesn't go your way, know that you are building your self-trust because you tried.
- 2) 7-Day Self Trust Challenge:** (modified activity from Shawn Phelps) In order to have self-discipline to accomplish something you also need to have self-trust. In this activity, you will commit to doing something each day that means a lot to you for seven days in a row. Whatever those seven days look like, you will need to set aside time to do it. On a piece of paper or journal page: 1) Write down something that you feel strongly you want to do. Example: I want to finish my homework well. 2) Make a seven-box grid. 3) After you accomplish the task each day, please a checkmark in that box. 4) At the end of each day, write a brief reflection in the checked box. 5) After 7 days, reread your reflections. Hopefully you feel great about what you've accomplished, and you can TRUST that you have the ability to accomplish what you set out to do.

“TRUST YOURSELF...DIG DEEP DOWN AND ASK YOURSELF WHO YOU WANT TO BE? NOT WHAT, BUT WHO.”

**- ARNOLD SHWARZENEGGER,
FORMER GOVERNOR OF CALIFORNIA AND ACTOR**

DEPEND ON ME



TRUST

Consider sharing words from the Positive Character Traits list to inspire students' brainstorm. The graphic organizer shows an example character trait and DEPEND ON ME scenarios.

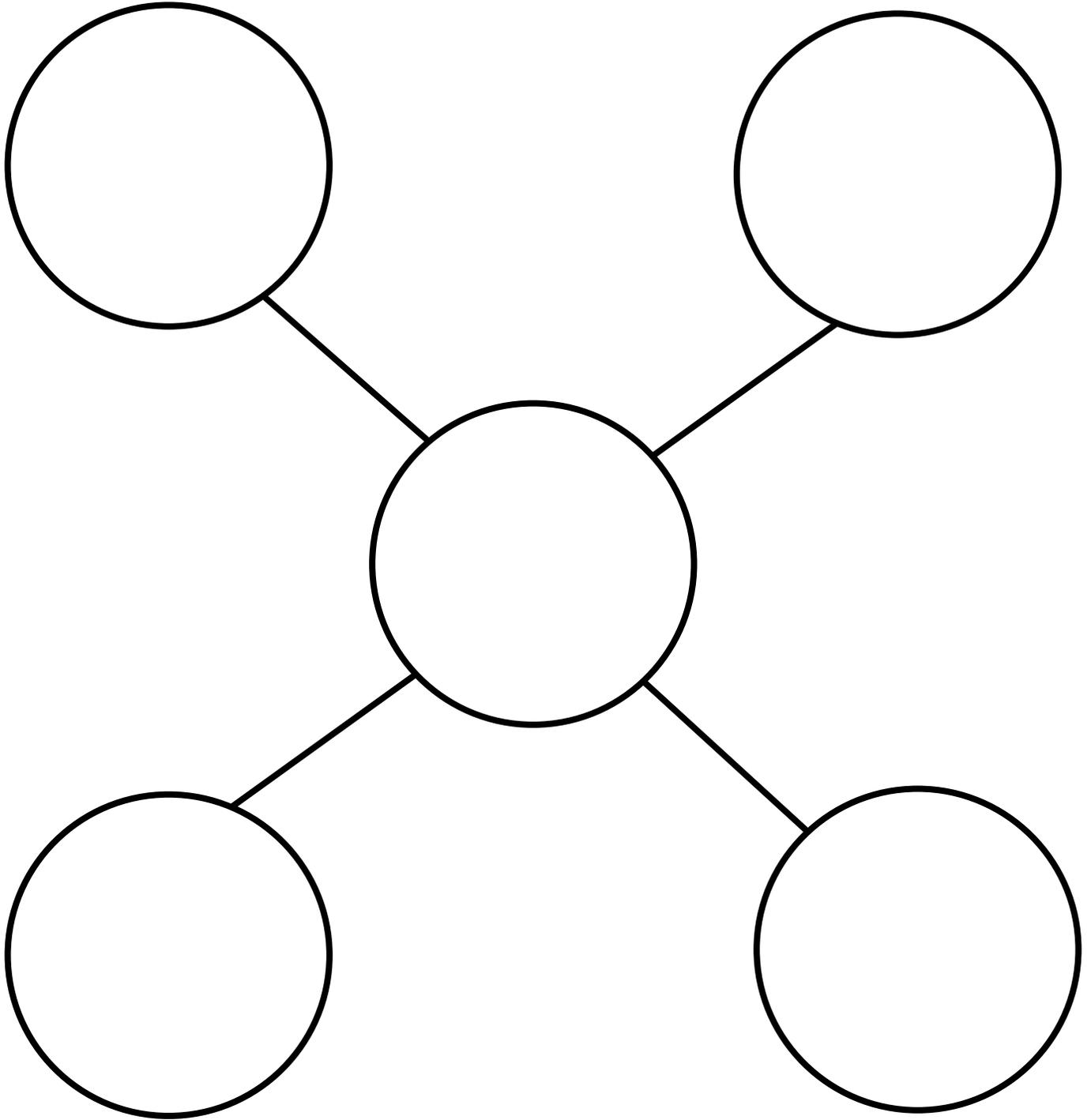
approachable (works well with others)	calm (levelheaded when there are difficult situations)
ambitious (drive self and others to succeed)	cheerful (create a positive environment)
clever (able to figure our problems)	creative (think differently than others)
determined (able to get things done)	diligent (hard-worker)
focused (not easily distracted)	easy-going (adapts to new situations)
friendly (gets along with everyone)	organized (able to plan well)
patient (able to wait)	talkative (able to start conversations)
inquisitive/curious (asks questions)	enthusiastic (able to motivate others and self)

DEPEND ON ME



TRUST

Consider sharing words from the Positive Character Traits list to inspire students' brainstorms. The graphic organizer shows an example character trait and DEPEND ON ME scenarios.



DEPEND ON ME



TRUST

Consider sharing words from the Positive Character Traits list to inspire students' brainstorms. The graphic organizer shows an example character trait and DEPEND ON ME scenarios.

