



THE NET Students will learn to share what they trust in others and create a net (web) of TRUST using a ball of string or yarn.



Ball of yarn or string
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: THE NET

1) SHARE THE NAME OF THIS ACTIVITY WITH STUDENTS: **THE NET**

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 look like?
- What are some things that you TRUST in others?
- Why is it important to TRUST others?
- How does sharing with someone that you TRUST them show that they MATTER to you?

3) SET UP "THE NET" ACTIVITY:

- **Explain:**
 - To TRUST someone else, shows that you can rely and depend on them.
 - To TRUST someone else, also shows that you feel safe with them.
 - Sometimes, we lose or take away TRUST when that person doesn't follow through on what they say they would do or what we expected them to do.
- **Ask:**
 - What can we do to rebuild TRUST when we start to doubt?
 - How can expressing TRUST help build TRUST?

4) START THE "THE NET" ACTIVITY:

- **Explain:**
 - When rock climbers climb, they have rope they can TRUST.
 - When firefighters are at a fire, they have gear and ladders they TRUST.
 - When athletes are competing, they have teammates they TRUST.
 - At work, adults have co-workers they TRUST.
 - Today, we will take some time to think about our classmates and how we can TRUST them.
 - Think of one or two classmates and what you TRUST about them.
 - Create a statement of TRUST for that classmate(s).

***In order to create the net, we need to do our best not to repeat the same person.

- We will use the sentence starter, " I trust (classmate's name) because..."

***Example: I trust Matt because whenever we talk, he really listens.

- With the ball of string/yarn in hand, say your statement of TRUST out loud. Hold your part of the string/yarn. DO NOT let go. Toss or roll the yarn/string to that person.
- That person will then pick up/catch the ball of string, hang onto their part of the string, say their statement of TRUST, and roll/toss the ball of string to their person of TRUST.
- As the yarn/string is passed around our group, our net of TRUST is created.

****REMEMBER, hang onto your string.

- **Begin the activity.**
- **Once everyone has shared and is hanging onto their part of the string, have students take a few moments to notice the net they created.**
- **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.*

- What was it like seeing our net of TRUST?
- What was it like saying how you TRUST someone else?
- What was it like hearing from someone how they TRUST you?
- What if someone let go of their part of the TRUST net?
- How might TRUST help others connect to YOU MATTER?

6) THANK STUDENTS FOR BEING THOUGHTFUL DURING THE NET OF TRUST ACTIVITY. Remind students that it is essential to try to TRUST others and that hopefully, when they are able to express their TRUST in others, they are building a TRUST in others.

7) LATER, CHECK IN WITH STUDENTS IF THEY HAD ANY OPPORTUNITIES TO EXPRESS HOW THEY TRUST 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) Poker Face (modified game from Playmeo): This is a great non-verbal activity in which students will need TRUST one another. See directions at this link: <https://bit.ly/2QpwxzF>

RESOURCES NEEDED: Deck of playing cards.

*For younger students, consider only using the numbered cards.

- Randomly distribute one card from a playing deck of cards to each person. Instruct people to not look at their card.
- Ask each person to place this card on their forehead so that it faces other people.
- Remind students that all interactions must remain silent, ie no verbal forms of communication, but gestures are permitted.
- Based on age-group provide a direction to students as to how to gather: find students with the same number as you; find students with the same suit (shape)(heart, club, diamond, spade) as you. Challenge students: group yourselves in the same suit by increasing number order.

***This game will take a lot of TRUST and patience.

**“YOU MUST TRUST AND BELIEVE IN PEOPLE,
OR LIFE BECOMES IMPOSSIBLE.”**
- ANTON CHEKHOV, 19TH CENTURY RUSSIAN PLAYWRIGHT