



# TRUSTWORTHY

## WEEK 1: TRUSTWORTHINESS OVERVIEW

### AGE-SPECIFIC MAT CHAT FOR AGES 3 to 5

#### OPENING DISCUSSION:

“Do you know what trustworthy means? It means that you tell the truth and follow the rules. For example, if you throw a ball in the house and break something and then lie about throwing the ball, then you are not being trustworthy. Your parents will be very sad to hear that you didn’t follow the rules and didn’t tell the truth. To make your parents happy and proud of you, you should always follow the rules and tell the truth.”

#### Let’s try a quiz to help you understand how to be trustworthy!

##### Are you being trustworthy if:

- You never cross the street when you play outside because you know it isn’t safe?
- You cross the street when your parents aren’t watching because you don’t see any harm in doing so?
- You kick food and trash under the sofa because you don’t want to clean it up?
- You clean up your mess without your parents telling you to because you know that cleaning up after you play is a house rule?

**TIP:** Tell the kids that you are **VERY** proud of them because they know how to be trustworthy.

#### FINISHING THE MAT CHAT:

“I want everyone to go home and practice being trustworthy this week. Make sure you follow the house rules and ask for help when you need it. Also make sure to tell the truth because you know that is part of being trustworthy and that will make your parents very proud.”