



TRUSTWORTHY

WEEK 1: TRUSTWORTHINESS OVERVIEW

AGE-SPECIFIC MAT CHAT FOR AGES 5 to 7

OPENING DISCUSSION:

“Do you know what trustworthy means? Trustworthy means that you tell the truth and follow the rules. For example, if you spill something on the floor and then lie about it, then you are not being trustworthy, If you are not trustworthy then people will not believe you and that will make your parents very sad. To make your parents happy and proud of you, you should always tell the truth and follow the rules.

Let’s answer a few questions about being trustworthy!

True or not true?

- You stop at all stop signs when riding your bike.
- You lie when you get caught not following the rules.
- You keep promises that you make to your family.
- You tell your parents that you’re sick even though you’re not, just so you don’t have to go to school.
- You brush your teeth in the morning and at night without being told because you know it is an important house rule.

TIP: Tell the kids that you are VERY proud of them because they can tell the difference between being trustworthy and not being trustworthy.

FINISHING THE MAT CHAT:

“I want everyone to go home and practice being trustworthy this week. Make sure you tell the truth and follow the rules even if you know someone is not watching you. That is how you will become trustworthy and make your parents proud!”