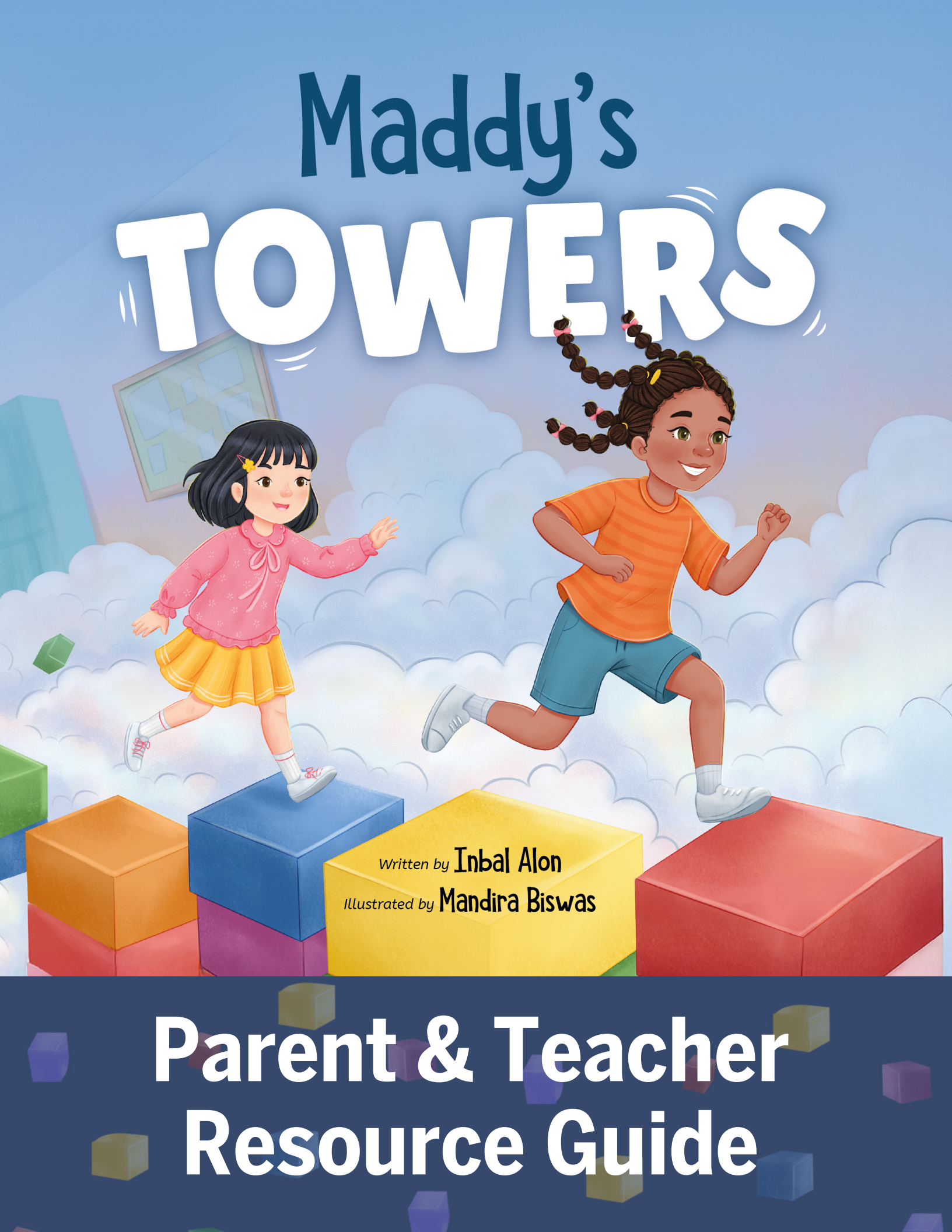


Maddy's TOWERS

An illustration of two children jumping on large, colorful blocks (orange, blue, yellow, red) against a background of stylized clouds and a blue sky. The girl on the left has dark hair and is wearing a pink shirt and yellow skirt. The boy on the right has braided hair and is wearing an orange shirt and blue shorts. A framed picture of a cityscape is visible in the background.

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Illustrated by Mandira Biswas

Parent & Teacher Resource Guide

Themes:

Friendship
Breaking & Rebuilding Trust
Apologies
Vulnerability
Accountability
Kindness

Friendships are an important part of childhood—and they can also be complicated. Children are still learning how to care for each other's feelings and repair mistakes. In Maddy's Towers, trust is compared to a tower made of blocks.

Stories like this help children:

- understand that it's normal to feel hurt when trust is broken
- practice talking about feelings in healthy ways
- learn that mistakes in friendships can be repaired
- recognize that trust grows slowly, one caring choice at a time

The activities and discussion questions that follow are designed to help children talk about friendship, practice communication skills, and explore what trust means in their own lives.





For Teachers:

Discussion Questions:

- How do you think Maddy felt when her tower of trust was knocked over by her friend?
- Why do you think Maddy decided not to show everyone Mei's paper and decided to hand it back to her privately? What do you think helped Maddy make this decision?
- What qualities are needed to trust someone again after they broke your trust? How does Maddy know she can trust Mei again?
- What is one thing each member of the classroom can do to build trust with each other?

Classroom Activities:

Pizza Slices Collage Art:

Materials: paper, markers/color pencils, scissors, glue.

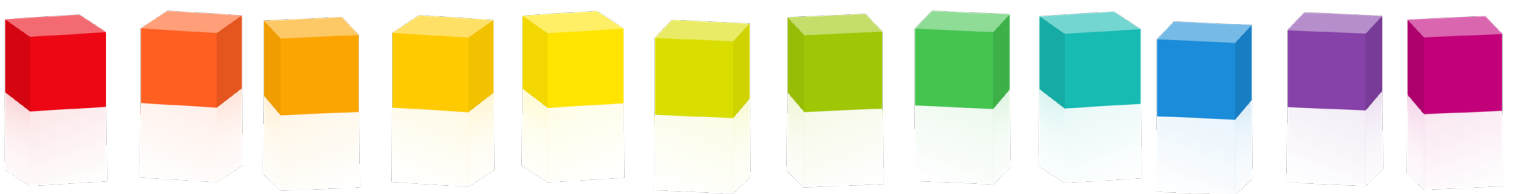
Instructions: Each student will make a drawing on any size paper, filling up the whole page. Students will cut their art into as many pieces as there are students (Including a slice for themselves). They can be any shape and size. Students will each take one piece for every student and collage a new piece of art with a slice from each student.

Debrief: Take a moment to name your piece, to share each of your final collages and explain what additions you appreciate and make your piece more unique, interesting, bright or beautiful. What was it like to share a piece of your creation with your classmates and to receive a slice of their art to add to your own? Reflect on how you felt at the beginning of the exercise vs. at the end?

Experiential Play: Maddy's Towers Game

Materials: blocks, pillows, books, anything stackable & not breakable

In groups, students can build towers of trust with blocks, pillows or anything stackable. They can experiment with knocking them down themselves or inviting other classmates to knock the tower down and rebuild it together.





For Families:

Discussion Questions:

- Reflect with your child(ren) on times they have felt you trusted them.
- How do you (as parents) show your children you trust them, and how do your children show you they can be trusted?
- How does it feel when someone you love breaks a promise, and how can we repair it?
- Who are some people you trust, and what makes them trustworthy?

At Home Activities:

Pass the Art:

Materials: paper, markers/color pencils.

Instructions: Each family member draws something on the page and passes it to the next family member, who adds on. Pass around several times so everyone gets at least 2 turns to add something.

Debrief: Take a moment to name your piece, to share each of your pieces and explain what additions you appreciate and make your piece more unique, interesting, bright or beautiful. What was it like to let go and trust your family members to contribute to your art and take good care of it as though it were their own? Reflect on how you feel at the beginning of the exercise and after getting your complete piece at the end.

Experiential Play: Trust Jenga

Materials: paper & pen/pencil

Each family member writes down 2-3 questions on scraps of paper about any of these themes: Friendship, Breaking & Re-building trust, Apologies, Vulnerability, Accountability, & Kindness. Put the questions in a large bowl, and each member picks a question and answers it before they take their turn. Put the question back in the bowl for another family member to answer.

Resources:

Center for Parent Information & Resources - <https://www.parentcenterhub.org/>

Boys & Girls Club - Ways to Build Trust

<https://www.bgca.org/news-stories/2024/September/ways-to-build-trust-between-parents-and-teens/>