

Let's Talk About Trust

Trust grows little by little, just like the towers in Maddy's story. Kind choices help it grow. Hurtful choices can knock it down. The good news is that trust can be rebuilt.

Here are some ways to think about trust with your family or friends.

Activity: Build Your Own Trust Tower

Use blocks, LEGO pieces, or draw a tower on paper. Each time you think of something that helps trust grow, add a block. Try to build a tall tower.

Ideas to start:

- telling the truth
- being kind
- helping a friend
- keeping a promise

Now think about something that might knock a tower down. Try to take out some pieces without the tower crashing.



What could help rebuild it?



Remember: trust can grow again.

Talking About Feelings

When something hurts your feelings, it can help to use an “I-statement.”

- I feel _____
- when _____
- because _____

Example:

“I felt hurt when my secret was shared because it was important to me.”

This helps friends understand how you feel and begins rebuilding trust.

Friendship Cards

Making cards for your friends and family is a great way to express your feelings with your words or your art. Cards can show gratitude and care, send good wishes, or ask for forgiveness and repair. Make a card for someone in your life to show them how you feel.

For a teacher or caregiver guide and other resources that bring the story to life, visit inbalalon.com



Maddy's Friendship Tips

1. Good friends are kind to each other.
2. Respect other people's space and personal bubbles.
3. Be a good listener!
4. Sharing is caring.
5. Trust friends to take care of you when you feel sad.



Make Your Own Friendship Tips:

What do you think makes a good friend? Write or draw your own friendship tips below.

A large, blank, lined notepad with a yellow border and four yellow corner tabs, set against a light blue background with white clouds. The notepad has ten horizontal lines for writing.

A Note for Grown-Ups: Children learn best when they can make a book their own. You are welcome to let them write or draw directly on this page. If you prefer to keep the book clean, feel free to make a copy of the activity pages so kids can use them again and again.