

## Trust NOVEMBER 2025



### SAY IT:

I can depend on others.

### KNOW IT:

#### **FAMILY DISCUSSION TIME**

- Who are some people in your life that you can trust (at home and at school)?
- What makes a person someone that is trustworthy and dependable?
- Why is it important to have “trusted adults” as a kid?
- How can you show people you can be trusted?

### SEE IT:

As a family, have a conversation about the qualities that make someone a trusted adult. Together, create a list of people your child can depend on, such as grandparents, neighbors, coaches, or close family friends. Consider adding printed photos of these trusted adults along with their phone numbers, so your child knows who they are and how to reach them in case of an emergency.

### BE IT:

Go on a “trust walk” as a family. One family member will be blindfolded while other family members hold his hand to guide him or talk him through while he is walking. You may walk through the house or through the backyard. Take turns with different family members being blindfolded. Talk about how you felt when you had to trust someone else to lead you. What helped you feel safe even though you were blindfolded? This activity can teach us that it’s okay to depend on others to lead us, especially family members, and that it is important to listen to and follow the directions of a trusted leader.

## PHASE

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# Kids will grow up to have a better future when three things happen:

- They make wise choices.
- They build strong relationships.
- They maximize their potential.

As parents, each age is a new opportunity to help develop these skills every month by having conversations about the Big Ideas learned at school. How does the Big Idea of cooperation, for example, relate to getting along with siblings? Or prepare kids for college or a career?

**So don't miss it.** Conversations – both simple and meaningful – have a significant impact on the development of your kids' current and future self.