

## FEELINGS INSPECTORS RESOURCE

Trust

# Getting Started with Trust

## About this activity

This is an introduction to the theme. This is best done with children sitting together, in a circle where everyone can be seen and heard.

## What do we need?

Slides/film clip provided.

## Instructions

Explain to the children that as part of their Feelings Inspectors programme of work they will begin an exploration of something really important to our relationships with others. It is trust. Use the definition/slide provided and read together:

Trust is when you can rely on someone. Trust is when you can believe in someone. And they believe in you. Trust means you have confidence in each other.

“

**You have to build trust with people, you don't just trust random strangers. You need to be friends first and get to know them.**

”

## Getting Started

Share this short film clip about trust from Children's Parliament, with the simple introduction that the children are talking about what trust means to them. Watch and chat afterwards, in the film clip the children talk about needing to be trusted in order to trust others.



<https://youtu.be/T89DhrxzL6E>

Take a quiet moment with the children (this is a theme you will return to when you start the Trust themed activities). Ask them to get comfy and close their eyes if they are happy to do so. Ask them to take a moment to think of another person that they trust, someone who they can talk with or share feelings with. Think about this person and what makes them someone they can go to. Tell the children that this could be an adult or a friend. Sometimes children even think about a pet they love that they can speak to about their feelings. Then bring the children back to the circle and thank them for doing some quiet thinking.

**“ You have to build trust with people, you don't just trust random strangers. You need to be friends first and get to know them. ”**

Across the week, as adult/teacher you can ask children to help out with various things, articulate these quietly to them as examples of trust; trust that they can do things properly, trust that they can show care or kindness for others, trust that they can work independently etc.

**Top tip**