

## Monday: Getting to know my emotions (trust).

Take some time to think about **trust**.

Trust is a good feeling that you get when you can rely on someone. Friends trust each other to be good listeners. We trust bridges that we drive over in cars. We have a good feeling that they will stay strong and sturdy.

Use the box to write ideas about what trust means to you. Think about the why, when, and how of trust.

TRUST		
Why do I feel trust?	When do I feel trust?	How is trust helpful?

## Tuesday: In my own words.

- What does trust mean?

**Clue ideas:**  
I know you're there  
to help me...



## Wednesday: Trust helps me be great.

- What are some things that you can do to help your family and friends trust you?

**Clue idea:**  
I can do the things  
that I say I'm going  
to do...



## Thursday: What is optimism?

> **Optimism** /noun/

Trust and hopefulness that the future will be good.



**This emoji is filled with optimism.**  
Write 3 sentences that tell a story about why the emoji is optimistic.

The emoji is optimistic because...

## Friday: Let's build optimism in our school.

- Write down all the positive words you could say to help your teachers and classmates be optimistic.

**Clue words:**  
It's a great day!  
Things will work out!



## Saturday/Sunday: It's story time.

- Write a very short story about the optimistic emoji.



## Monday: Trust yourself.

**To reach a goal, you have to trust yourself to give your best effort.**

What will you do this week to show yourself that you are trying your hardest to reach your goal?  
(Write your ideas next to the trustworthy emoji.)



## Tuesday: In my own words.

- What does effort mean? How is effort related to trust?

**Clue ideas:**  
Give it your all.  
People can count on  
you...



## Wednesday: Trust is a must.

- Write the name of 1 person who trusts you. Now, write 3 reasons *why* they can trust you.

**Clue idea:**  
I do what I say I'm  
going to do...

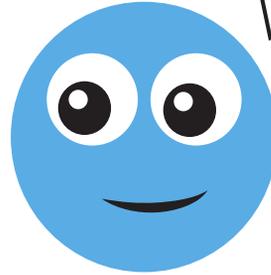


## Thursday: Just say you're sorry.

"I made a mistake  
and I'm sorry."



"Thank you for saying  
you're sorry.  
I forgive you."



**Saying sorry helps  
people trust you.**

Write 2 reasons why it's important to say that you're sorry when you make a mistake.

## Friday: Let's practice forgiving our friends.

- When a friend makes a mistake and then tells you they're sorry, it's important to forgive them. Write some words that you can say to tell them you forgive them.

### Clue ideas:

Thank you for being honest.

Everyone makes mistakes.

I forgive you...



## Saturday/Sunday: It's story time.

- Write a very short story about the emoji who said sorry, and the other emoji who forgave their friend.

