

CL-10A

Building Trust

Grades K–1

Interpersonal Effectiveness

Telling the Truth

Students hear a gentle retelling of *The Boy Who Cried Wolf*, show trust builder and breaker signals, and learn four repair steps with pictures and hand motions.

HOOK
3 min

TEACH
5 min

PRACTICE
9 min

WRAP-UP
3 min

OPTIONAL EXTENSION
+10 min · Fill the Trust Jar

BIG IDEA Tell the truth and do what you say, so people can count on you.

1 I CAN

- ☐ say what trust means: people can count on me to tell the truth and do what I say.
- ☐ show if a choice builds trust or breaks trust.
- ☐ show the four repair steps after a mistake.

KEY WORDS / PALABRAS CLAVE

trust	confianza
truth	verdad
lie	mentira
promise	promesa
sorry	perdón, lo siento
shepherd boy	pastorcito

2 MATERIALS

- ☐ Clear jar or plastic cup, about 20 pom-poms (or cubes, beans or paper circles), and a tray or bowl to catch spills
- ☐ Projector page (p. 4) on the document camera, or copied onto chart paper
- ☐ Worksheet (p. 5), one per student, and crayons or pencils
- ☐ Extension: Fill the Trust Jar cards (p. 6), shown on the document camera
- ☐ Family letter (p. 7), one per student

PREP · 5 MINUTES

- Put 10 pom-poms in the jar: the trust the shepherd boy has already earned. Keep 10 more beside it. Practice the four hand motions once.
- Copy p. 5 and p. 7, one per student. Print p. 4 and p. 6 once.

3 STANDARDS

Texas Model Interpersonal Effectiveness
5th ed., 2018

ASCA Standards B-SMS 1 Responsibility for self and actions · B-SS 5 Ethical decision-making and social responsibility
Mindsets & Behaviors, 2021

Health TEKS describe positive social skills and personal qualities such as truth, kindness, reliability, and respectfulness
K §115.12(b)(4)(A)

Social Studies TEKS identify characteristics of good citizenship, including truthfulness, justice, equality, respect for oneself and others, responsibility in daily life, ...
Gr 1 §113.12(c)(12)(A)

Health TEKS describe ways to build and maintain friendships. Telling the truth and keeping promises are two ways.
Gr 1 §115.13(b)(3)(E)

PE TEKS describe how personal actions may have positive or negative consequences. Shown with the trust jar.
Gr 1 §116.13(b)(12)(A)

Character traits trustworthiness, including honesty, reliability, punctuality, and loyalty; integrity
TEC §29.906(b)(2)–(3)

4 THE LESSON

HOOK 3 min

SAY "Today we'll talk about story characters, not real people. We'll use the names in the stories. Trust means people can count on you to tell the truth and do what you say. This is a trust jar for a shepherd boy. A shepherd takes care of sheep. Each pom-pom is a little bit of trust."

DO Teach two signals. **Builder:** stack your fists, one on top of the other, like building a tower. **Breaker:** hold a pretend stick and snap it. Read each part; students show a signal, then you add a pom-pom.

ADD 1 "Every morning, the shepherd boy says, 'I will watch the sheep.' And he does."

ADD 1 "A lamb gets out. He tells the truth: 'I left the gate open.' Then he finds the lamb."

ASK "The people in the village trust the shepherd boy. How can we tell?" (He tells the truth and does what he says. His jar is filling up.)

TEACH 5 min

DO Show the projector page. Point to the jar, the signals and the three story pictures. Tell the story; students show a signal and you spill pom-poms.

SPILL 5 "One day, the shepherd boy wanted some fun. He yelled, 'Wolf! Wolf!' The people ran up the hill to help. There was no wolf. 'Ha! It was a trick!'"

SPILL 5 "The next day, he yelled, 'Wolf!' again. The people ran up the hill. No wolf. Another trick."

NO HELP "Then a real wolf came! He yelled, 'Wolf! Please help!' The people said, 'It's just a trick.' No one came. The sheep got scared and ran off over the hills. The wolf went back to the woods."

ASK "Why didn't the people come this time?" (They thought it was a trick. His trust spilled.) Then say: "Lies spill trust fast. The shepherd boy was sorry. When trust breaks, you can fix it. Here are the four repair steps. Do them with me."

- 1 **Tell the truth.** Touch your lips, then open your hand.
- 2 **Say sorry and mean it.** Put a hand on your heart.
- 3 **Make it right.** Turn a pretend wrench.
- 4 **Keep your word next time.** Draw a check mark in the air.

Say "told a lie," never "a liar." Kids can change what they do.

PRACTICE 9 min

DO · 2 MIN Builder or breaker? Read each one; students show a signal. For item 3, ask, "How can Paola make it right?" (Say sorry, then share the blocks now.)

BUILD 1. Adrián finds a pencil on the floor and gives it to the teacher.

BREAK 2. Wyatt says, "I washed my hands." He didn't.

BREAK 3. Paola promises to share the blocks. Then she keeps them all.

BUILD 4. Lily bumps a friend's tower. She says, "That was me. Sorry!"

DO · 7 MIN Worksheet. Help students write their name. Read each Part 1 item aloud; students circle BUILD or BREAK. Read the Part 2 story twice; students circle the 4 repair steps and copy *truth*.

Answer key. Part 1: Build 1, 3, 4; Break 2, 5, 6. Part 2: the 4 repair steps (not "Hide it" or "Not me!"). Line: truth.

WRAP-UP 3 min

SAY "The shepherd boy wants the people to trust him again. Which repair steps can he use?" Students show the motions; add one pom-pom for each step. "He told the truth: 'I tricked you. I'm sorry.' He looked until he found every sheep. He never played the wolf trick again. The jar went from 12 down to 2, and now it's at 6. Trust grows back slowly."

CHECK "Show me builder or breaker: Itzel promises to help Ruby clean up, and she does." (Builder.) Give the family letters to the teacher for take-home folders.

Short on time? Read practice items 1 and 3 only, and read worksheet Part 1 at a quick pace so everyone reaches Part 2.

5 OPTIONAL EXTENSION • 10 MINUTES

Fill the Trust Jar. Show page 6 on the document camera and keep the jar from the lesson nearby. Read one card at a time; students show the builder or breaker signal from their seats.

- 1 Review the two signals and the four repair-step motions (2 minutes).
- 2 Play. Read a card. Builder: a helper walks to the jar and adds one pom-pom. Breaker: the class shows the repair-step motions that would fix it, then a helper adds one pom-pom for the repair (6 minutes).
- 3 Last round: count the pom-poms together. Ask, "How did the jar fill up?" (One choice at a time.) (2 minutes).

Card key: builders 1, 4, 5, 8; breakers 2, 3, 6, 7. One helper at a time walks to the jar: no running.

6 SUPPORT EVERY LEARNER

EMERGENT BILINGUALS

The signals, motions and pictures work in any language. Many families know this fable in Spanish; in class, call it *el pastorcito y el lobo*. Teach *verdad* and *confianza*; cognate: *promise / promesa*. Let partners talk in Spanish first. Frame: "That builds trust. / That breaks trust."

EXTRA SUPPORT

Read every item aloud and point to each picture. Students may point instead of circling. For the word line, write *truth* with them or let them trace yours.

STRETCH

Ask: "Why didn't the people believe the shepherd boy, even when he told the truth?" Early finishers draw the shepherd boy making it right on the back.

7 QUICK CHECK

During the signals: if many students mix up builder and breaker, replay one part of the story with the jar before the worksheet.

After class: I collect the worksheets and sort them into "all 4 steps" and "not yet." They go home through the teacher the next day.

The worksheet is about story characters, not the child, so it is fine to collect.

8 PICTURE BOOKS (OPTIONAL)

Ruthie and the (Not So) Teeny Tiny Lie by Laura Rankin (Bloomsbury, 2007). A small lie grows until Ruthie tells the truth.

The lesson works without a book. Preview any book before you read it to a class.

9 KEEP IT GOING SCHOOLWIDE • CYCLE 10

MORNING ANNOUNCEMENT

EN "Good morning, Yellow Jackets! Trust is built one choice at a time. Today, be a trust builder: do what you say you will do."

ES "¡Buenos días, Yellow Jackets! La confianza se construye con cada buena decisión. Hoy, sean constructores de confianza: hagan lo que dicen que van a hacer."

HALLWAY IDEA

Post a big paper "Yellow Jacket Trust Jar" near the office. When a teacher spots a trust builder, the class adds a paper circle with its class name, such as "Room 12."

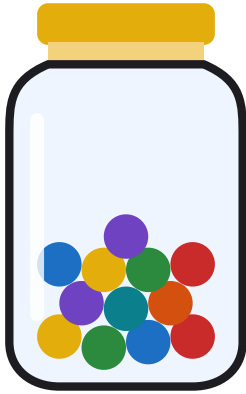
TEACHER TIP

Name it when you see it: "You told me the truth about the spilled paint. That's a trust builder!"

If a student shares something personal: keep the lesson on the characters. "Thanks for telling me. Let's think about what Itzel could do." If what the student said worries me, I follow up after the lesson using district procedures and my reporting guides (LR-01, CS-01).

Tell the truth.

Trust means people can count on you to tell the truth and do what you say.



Trust builders add.

Signal: stack your fists.



Trust breakers spill.

Signal: snap the stick.



1. “Wolf!”

A trick. No wolf.



2. “Wolf!”

A trick. No wolf.



3. “Wolf!”

A real wolf! No one came.

Trust Repair Steps · When trust breaks, you can fix it.

1

Tell the truth.

2

Say sorry and mean it.

3

Make it right.

4

Keep your word next time.

Di la verdad · Pide perdón de corazón · Arréglalo · Cumple tu palabra

Telling the Truth

Trust means people can count on you to tell the truth and do what you say.

Part 1 Build or break? Circle BUILD or BREAK.

1  Regina gives back the crayon.  BUILD  BREAK

2  Owen spills paint. “Not me!”  BUILD  BREAK

3  Nayeli says, “I tore it. Sorry!”  BUILD  BREAK

4  Zoe keeps her promise to share.  BUILD  BREAK

5  Julián says, “I cleaned up.” He didn’t.  BUILD  BREAK

6  Sergio says, “I’ll help!” He doesn’t.  BUILD  BREAK

Part 2 Fix it! Help Itzel fix trust.

Itzel borrowed Bruno’s marker. She lost the cap. Itzel wants Bruno to trust her again.



Circle the 4 pictures that help Itzel.



Tell the truth.



Say sorry and mean it.



Hide it.



Say, “Not me!”



Make it right.



Keep your word next time.

Itzel tells the _____

Word bank: truth

Fill the Trust Jar

Listen to the card. Show **builder** or **breaker**.



1. Jimena gives back the pencil she borrowed.



2. Rubén says, “I’m all done!” He’s not.



3. Gael breaks a brush. “Not me!”



4. Caleb says, “I lost a piece. Sorry!”



5. Natalia waters the plant, like she said.



6. The shepherd boy yells, “Wolf!” as a trick.



7. Grace promised to share, but she didn’t.



8. The shepherd boy finds every sheep.

Breaker? Show the repair steps!



Tell the truth.



Say sorry and mean it.



Make it right.



Keep your word next time.

★ Trust grows one choice at a time.



Building Trust

La confianza

Family letter · Carta para la familia · Grades K-1 · Grados K-1

ENGLISH

Dear Family,

This week, your child's class had a lesson about **telling the truth** with the school counselor. Trust means people can count on you to tell the truth and do what you say. We heard the fable *The Boy Who Cried Wolf* and used a "trust jar" to show that a lie spills trust fast, and trust grows back slowly, one choice at a time.

FOUR STEPS TO REPAIR TRUST

1. Tell the truth. · 2. Say sorry and mean it. · 3. Make it right. · 4. Keep your word next time. (Your child learned a hand motion for each step.)

TRY THIS AT HOME

1. When someone tells the truth, even about a mistake, say it out loud: "Thank you for telling me the truth. That builds trust!"
2. Ask your child to retell the story of the shepherd boy and show you the hand motions for the four repair steps.

TALK ABOUT IT AT HOME

"Why didn't the people come when the shepherd boy called for help?"

Your child may bring home a worksheet about Itzel and Bruno. Ask your child how Itzel can fix trust.

You are welcome to see any counseling lesson or handout. Call the school office at **956-262-4741** and ask for me.

Mrs. Handy, School Counselor

ESPAÑOL

Estimada familia:

Esta semana, el grupo de su hijo(a) tuvo una lección sobre **decir la verdad** con la consejera escolar. La confianza significa que los demás pueden contar con nosotros: decimos la verdad y hacemos lo que decimos. Escuchamos la fábula del pastorcito y el lobo, y usamos un "frasco de la confianza" para mostrar que una mentira vacía el frasco muy rápido y que la confianza vuelve a crecer poco a poco, con cada buena decisión.

CUATRO PASOS PARA RECUPERAR LA CONFIANZA

1. Decir la verdad. · 2. Pedir perdón de corazón. · 3. Arreglar lo que pasó. · 4. Cumplir su palabra la próxima vez. (Su hijo(a) aprendió un movimiento con las manos para cada paso.)

PARA PRACTICAR EN CASA

1. Cuando alguien diga la verdad, aunque sea sobre un error, dígalo en voz alta: "Gracias por decirme la verdad. ¡Eso genera confianza!"
2. Pídale a su hijo(a) que le cuente la historia del pastorcito y que le enseñe los movimientos de los cuatro pasos para recuperar la confianza.

PARA PLATICAR EN FAMILIA

"¿Por qué nadie llegó cuando el pastorcito pidió ayuda?"

Es posible que su hijo(a) traiga a casa una hoja de trabajo sobre Itzel y Bruno. Pídale que le cuente cómo puede Itzel recuperar la confianza de Bruno.

Puede ver cualquier lección o material de consejería cuando guste. Llame a la escuela al **956-262-4741** y pregunte por mí.

Sra. Handy, consejera escolar