

CL-10B

Building Trust

Grades 2–3

Interpersonal Effectiveness

Trust Builders and Trust Breakers

Students learn that trust is built one choice at a time, sort trust builders from trust breakers, and practice four steps to repair trust.

HOOK
3 min

TEACH
5 min

PRACTICE
9 min

WRAP-UP
3 min

OPTIONAL EXTENSION
+10 min · Trust Repair Shop

BIG IDEA Trust is built one choice at a time. It can spill fast, and it can be repaired.

1 I CAN

- ☐ say what trust means: people can count on me to tell the truth and do what I say.
- ☐ tell a trust builder from a trust breaker.
- ☐ name the four steps to repair trust after a mistake.

KEY WORDS / PALABRAS CLAVE

trust	confianza
honest	honesto, honesta
promise	promesa
respect	respeto
responsibility	responsabilidad
repair	reparar

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 pencils
- ☐ Extension: Repair Job cards (p. 6), one set, and sticky notes
- ☐ Family letter (p. 7), one per student

PREP · 5 MINUTES

- Put 10 pom-poms in the jar: the trust Mateo has already earned. Keep 10 more beside it.
- Copy p. 5 and p. 7, one per student. Print p. 4 and p. 6 once.
- Cut the Repair Job cards apart if you plan to do the extension.

3 STANDARDS

Texas Model 5th ed., 2018	Interpersonal Effectiveness
ASCA Standards Mindsets & Behaviors, 2021	B-SMS 1 Responsibility for self and actions · B-SS 5 Ethical decision-making and social responsibility
Health TEKS Gr 2 §115.14(b)(3)(H)	identify ways to prevent and repair broken friendships
Health TEKS Gr 3 §115.15(b)(3)(E)	describe the characteristics of healthy and unhealthy friendships
Social Studies TEKS Gr 2 §113.13(c)(10)(A) · Gr 3 §113.14(c)(9)(A)	identify characteristics of good citizenship, including truthfulness, justice, equality, respect for oneself and others, responsibility in daily life, ...
ELA TEKS Gr 2 §110.4(b)(1)(D) · Gr 3 §110.5(b)(1)(D)	work collaboratively with others by following agreed-upon rules for discussion ... (Gr 2) / rules, norms, and protocols (Gr 3). Used in the extension.
Character traits TEC §29.906(b)(2)–(3)	trustworthiness, including honesty, reliability, punctuality, and loyalty; integrity

4 THE LESSON

HOOK 3 min

SAY "Today we'll talk about story characters, not real people. Use the names in the stories. Trust means people can count on you to tell the truth and do what you say. This is Mateo's trust jar. 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 of Mateo's day; students show a signal, then you add or spill.

ADD 1 "Mateo borrows Jaime's pencil. At the end of the day, he gives it back."

ADD 1 "Mateo forgets his homework. He tells his teacher the truth."

ADD 1 "Mateo promises to save Ximena a seat at lunch, and he does."

SPILL 8 "Mateo tells Coach Ríos he put the soccer balls away. He didn't. He left them on the field."

ASK "Why did one lie spill so much of Mateo's trust?" Take two answers, then say: "Trust grows slowly, one choice at a time. It can spill fast."

TEACH 5 min

DO Show the projector page. Say, "Here are five ways to build trust." Point to each TRUST line and read it; the class echoes it: **Tell the truth. Respect people and their things. Use kind words, even when someone isn't there. Stick to your promises. Take responsibility for your mistakes.**

SAY "Friends who build trust have a healthy friendship. When trust keeps breaking, a friendship gets unhealthy. Everyone makes mistakes, even story characters. When trust breaks, use the four repair steps: 1. Tell the truth. 2. Say sorry and mean it. 3. Make it right. 4. Keep your word next time. Repairs take time, so keep going."

PRACTICE 9 min

DO · 2 MIN Build or break? Read each sentence; students show a signal. For items 1 and 2, ask which TRUST line was kept or broken.

BUILD 1. Lupita finds a dollar on the floor and gives it to the teacher.

BREAK 2. Ethan says, "I didn't do it," but he did.

BREAK 3. Kayla copies a friend's answers and says they are hers.

BUILD 4. Carlos spills paint, says, "That was me," and helps clean it up.

TRUST key: 1 R (respect people's things) · 2 T (tell the truth) · 3 T (tell the truth) · 4 T (take responsibility).

DO · 7 MIN Worksheet. Students write their name and teacher. Part 1 alone or with a partner; Part 2 on their own. In grade 2, read Part 2 aloud together first. The "Tomorrow I will" line is optional for students who need more time.

Answer key. Part 1: Build 1, 4, 5; Break 2, 3, 6. Part 2: Tell the truth, Say sorry, Make it right, Keep her word.

WRAP-UP 3 min

SAY "Mateo wants to repair trust with Coach Ríos. Which repair steps can he use?" Add one pom-pom for each step students name. "The jar went from 10 up to 13, spilled down to 5, and now it's at 9. Not back to 13 yet. Repairs take time. Trust is built one choice at a time."

CHECK "Show me builder or breaker: Luis keeps his promise to help a classmate clean up." (Builder.) Give the family letters to the teacher for take-home folders.

Short on time? Read only sort items 1 and 2, and do worksheet Part 2 together as a class.

5 OPTIONAL EXTENSION · 10 MINUTES

Trust Repair Shop. Groups of 3 or 4 each draw one Repair Job card from page 6. Rule: use the names on the card, never a classmate's name.

- 1 Read the card together and pick the repair steps that fit (2 minutes).
- 2 Practice a 30-second fix. One student plays the character and one plays the friend or teammate. Everyone else is a Step Checker who holds up a finger for each repair step they see (3 minutes).
- 3 Two or three groups show their fix. The class names the steps they saw (5 minutes).

No time to act it out? Groups write their repair plan on a sticky note, so the cards stay clean for the next class.

6 SUPPORT EVERY LEARNER**EMERGENT BILINGUALS**

Use the hand signals and the pictures on the projector page. Point out cognates: *promesa, respeto, responsabilidad, honesto, reparar*. Let partners talk in Spanish first. Frame: “___ is a trust builder because ___.”

EXTRA SUPPORT

Read the worksheet aloud. Pair students. Use the word bank under the speech bubble. In Part 2, students may draw instead of writing. Shorten Part 1 to items 1–4 if needed.

STRETCH

Ask: “Why does trust take longer to build than to break?” Early finishers write a repair plan for one Repair Job card on a sticky note.

7 QUICK CHECK

During the sort: if many students miss two or more, replay the jar with one more Mateo example 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)

The Empty Pot by Demi (Henry Holt, 1990). Spanish edition: *La maceta vacía (Juventud, 2010)*. Honesty pays off.

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

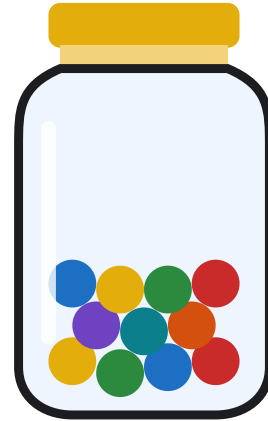
Name it when you see it: “You returned the scissors without being asked. That’s a trust builder!”

If a student shares something personal: keep the lesson on the characters. “Thanks for telling me. Let’s think about what Mateo 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).

Trust is built one choice at a time.

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

- T** Tell the truth.
- R** Respect people and their things.
- U** Use kind words, even when someone isn't there.
- S** Stick to your promises.
- T** Take responsibility for your mistakes.



Trust builders add.

Signal: stack your fists.



Trust breakers spill.

Signal: snap the stick.

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

Trust Builders and Trust Breakers

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

Part 1 Sort it! Read each one. Circle **BUILD** or **BREAK**.

1 Diego gives back the pencil he borrowed.

 **BUILD**

 **BREAK**

2 Lucía says she finished her work, but she did not.

 **BUILD**

 **BREAK**

3 Kai takes a classmate's eraser without asking.

 **BUILD**

 **BREAK**

4 Sam promises to save a swing for Iker, and he does.

 **BUILD**

 **BREAK**

5 Leo breaks a toy and says, "I did it. I'm sorry."

 **BUILD**

 **BREAK**

6 Ava says mean things about Nora when Nora is not there.

 **BUILD**

 **BREAK**

Part 2 Fix it! Help Sofía repair trust.

Sofía promised to help Ana practice her spelling words at recess. Then Sofía went to play soccer instead. Ana waited by the bench all recess.



Check ✓ the 4 steps that will help Sofía.

- | | |
|--|---|
| ☐ Tell Ana the truth about what happened. | ☐ Pretend nothing happened. |
| ☐ Say sorry and mean it. | ☐ Make it right: help Ana practice tomorrow. |
| ☐ Say it was Ana's fault. | ☐ Keep her word next time. |

What can Sofía say to Ana? Write it in the bubble.

Ana, I'm sorry I _____

Tomorrow I will _____

Word bank: recess · help · practice · spelling · promise · soccer

Trust Repair Shop

✂ Cut on the dashed lines.

1. Read your card. 2. Pick the repair steps. 3. Practice a 30-second fix. 4. Show the class.

REPAIR JOB #1



Marco said he would bring the class ball back after recess. He left it outside.

Tell the truth

Say sorry

Make it right

Keep your word

REPAIR JOB #2



Jada told her friend she was sick so she would not have to play. She was not sick.

Tell the truth

Say sorry

Make it right

Keep your word

REPAIR JOB #3



Eli borrowed Rosa's markers. He lost one.

Tell the truth

Say sorry

Make it right

Keep your word

REPAIR JOB #4



Nina laughed when Omar got an answer wrong.

Tell the truth

Say sorry

Make it right

Keep your word

REPAIR JOB #5



Tomás promised his little brother a game after homework. Then he forgot.

Tell the truth

Say sorry

Make it right

Keep your word

REPAIR JOB #6



Pablo told the teacher, "Ben did it!" But Pablo did it.

Tell the truth

Say sorry

Make it right

Keep your word

REPAIR JOB #7



Gabe told a mean joke about Camila when Camila was not there.

Tell the truth

Say sorry

Make it right

Keep your word

REPAIR JOB #8



Valeria said she would water the class plant on Friday. She forgot.

Tell the truth

Say sorry

Make it right

Keep your word

Building Trust

La confianza

Family letter · Carta para la familia · Grades 2–3 · Grados 2–3



ENGLISH

Dear Family,

This week, your child's class had a lesson about **trust** with the school counselor. People trust us when we tell the truth, keep our promises and fix our mistakes. We used a "trust jar" to show that trust grows one choice at a time.

FIVE WAYS TO BUILD TRUST (T-R-U-S-T)

Tell the truth · Respect people and their things · Use kind words, even when someone isn't there · Stick to your promises · Take responsibility for your mistakes

TRY THIS AT HOME

1. When you see someone build trust, say it out loud: "You said you'd put your shoes away, and you did. That builds trust!"
2. When someone makes a mistake, practice the repair steps together: tell the truth, say sorry and mean it, make it right, and keep your word next time.

TALK ABOUT IT AT HOME

"What can a person do to earn someone's trust?"

Your child may bring home a worksheet about Sofía and Ana. Ask your child how Sofía can repair trust with Ana.

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 la **confianza** con la consejera escolar. Las personas confían en nosotros cuando decimos la verdad, cumplimos nuestras promesas y corregimos nuestros errores. Usamos un "frasco de la confianza" para mostrar que la confianza crece con cada buena decisión.

CINCO MANERAS DE GANARSE LA CONFIANZA

Decir la verdad · Respetar a las personas y sus cosas · Usar palabras amables, aun cuando la persona no esté presente · Cumplir lo que prometemos · Hacerse responsable de sus errores (En clase usamos la palabra en inglés TRUST.)

PARA PRACTICAR EN CASA

1. Cuando vea a alguien hacer algo que genere confianza, dígalos en voz alta: "Dijiste que ibas a guardar tus zapatos y lo hiciste. ¡Eso genera confianza!"
2. Cuando alguien cometa un error, practiquen juntos los pasos para recuperar la confianza: decir la verdad, pedir perdón de corazón, arreglar lo que pasó y cumplir su palabra la próxima vez.

PARA PLATICAR EN FAMILIA

"¿Qué puede hacer una persona para ganarse la confianza de alguien?"

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

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