



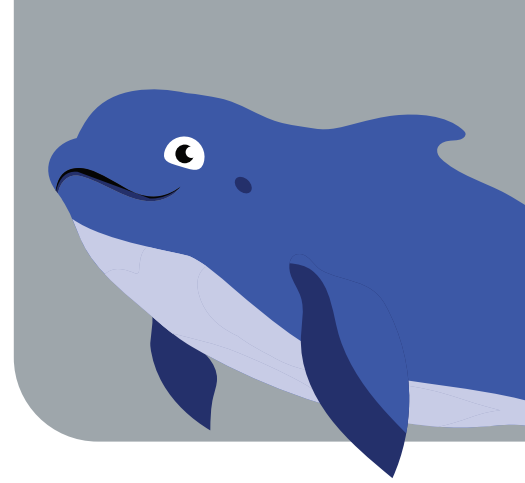
september 2022

How do kids know who they can put their confidence in and depend on? Here's the thing: knowing who to trust comes from gaining trust yourself. So how can your kids show they are trustworthy at home? How can you build trust as a parent?

TRUST:

*Putting your confidence in someone
you can depend on*

Trust SEPTEMBER 2022



SAY IT:

Trust means putting your confidence in someone you can depend on.

KNOW IT:

ASK A GROWN UP:

- Describe a time in your life when you had to really trust someone. How did the situation turn out?

ASK A KID:

- Have you ever had to work on a group project where you had to depend on a friend to do their part? Was it hard to trust them? How did the situation work out?

SEE IT:

The movie Luca portrays a wonderful friendship that required a lot of trust. The main characters Luca and Alberto had to trust each other and their new friend Guilia. Watch a clip online of the movie's ending and see how trusting each other not only put them at risk, but also helped the friends be more successful when they worked together.

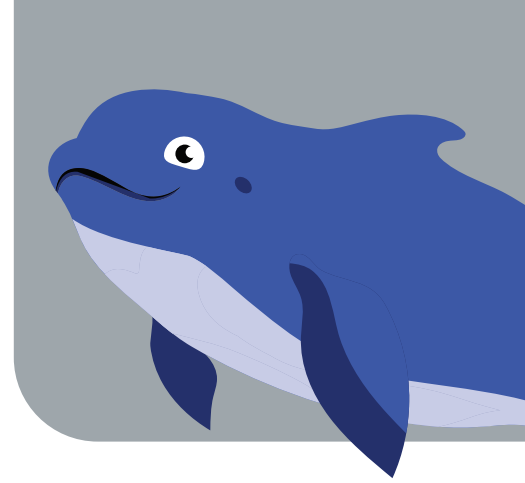
BE IT:

As a family, take turns participating in a "trust fall." Have each person close their eyes and fall back while the rest of the family catches them before they fall. For safety, try it sitting down and falling back on a couch or bed. With the little ones, have them stand on the bed and fall back. Use the commands, "Ready?" "Ready," "Falling," "Fall Away." Talk about other ways you can build trust and be trustworthy in your family and in your community.

PHASE

Trust

SEPTEMBER 2022



At every age, kids need significant relationships.

The significant relationships in a child's life include parents, teachers, relatives, coaches, and spiritual leaders.

As a parent, you can encourage these relationships as a way to ensure that other trusted adults are surrounding your kids with the same messages and advice that you would.

So don't miss it. This year, this month, today is just a Phase!

september 2022

TRUST // PILOT WHALE // STEEL GRAY

Pilot whales come in two main varieties: long-finned and short-finned. These sleek, nomadic marine mammals are found in all of the world's seas except in the Arctic. It used to be thought they followed just one leader, a "pilot" of their pod. While that is not actually the case, the name stuck. And despite the "whale" in their common name, they are really dolphins, second in size only to the largest dolphins, orcas (killer whales).

Short-finned pilot whales live in tight-knit social groups of 15 to 30 members, sometimes gathering in larger groups of pods. They've been called "cheetahs of the deep" because of the way they hunt for prey, such as giant squid. They sprint in deep dives, sometimes to depths of more than 3,000 feet, and can stay underwater for up to 20 minutes.

They use a buddy system when hunting, and half of the pod remains at the surface while the other half hunts. Pod members make calls to each other while they're separated to stay in touch. When mother pilot whales hunt, others in the group watch the youngsters.

Both male and female pilot whales can serve as babysitters. Researchers have observed calves spending long stretches of time close to adults which are not their mothers. And when female pilot whales no longer raise their own babies, they help the younger mothers in the pod.

Pilot whales have each other's backs, even sticking together when danger is close. Their social bonds are strengthened as they hunt, play, and travel together.

TRUST: *Putting your confidence in someone you can depend on*



Pilot whales trust and depend on each other for their life in the deep.

september 2022

TRUST // PILOT WHALE // STEEL GRAY

Steel gray, similar to silver and a with a little more blue than gunmetal, is a cool color suggesting balance. Gray colors are often associated with intellect and dignity. In the design world, gray is considered a perfect neutral color, and in psychology, it represents authority. To make steel, iron ore – a naturally occurring metal – is mined and smelted in a blast furnace. Carbon is added. The result is an alloy much stronger than the natural metal. With roots in the Iron Age 4,000 years ago, the modern steel age began in the mid-1800s. Steel remains an important part of our daily lives.

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