

Benefits Of Trust Exercises For Children



Children learn to be truthful as they understand the value of trust.

They become sincere with their words and actions and do not follow trickery or deception.



They can form secure attachments with their peers or family members.

They feel confident enough to open up about their feelings and thoughts.



Children who have a good experience with trust become helpful individuals.

They learn the importance of teamwork and how to assist each other in a group.



References:

1. Building Trust (Grades K-5); The Robert D. and Billie Ray Center
2. Building a Foundation, Building Trust; UCLA Nathanson Family Resilience Center
3. Promoting Young Children's Social and Emotional Health; NAEYC
4. Examples of Developmental Stages; University of Washington