



Activity 65

Spiritual Development:

Trust Values Sack

To explore the value of trust.

You will need – Trust quotes, circles, LED candles, bible, children's stories that have a theme of trust.

Activity – Our trust values sack is designed to stimulate discussion about trust. You can add any activity that enables your group to explore trust and how it can impact on their life and that of others. We looked at our circle of trust, which are in the very centre circle such as our family, moving out to the outer circles. Who do you put in the circles? The candles and the trust quotes can be used in quiet time to think about and then discuss the quotes. Story books can be added to your trust values sack depending on the age of child you use the sack with. We made question prompt cards to stimulate discussion such as 'how do you feel if someone you know betrayed your trust?' 'Have you had to make a difficult decision when someone put his or her trust in you?' 'Do you think you are trustworthy?' The more you use your trust sack the more activities you can add and develop.

