

**Theme: Trust**

**Topic: Trusting yourself**

**UU Principal #4: Each person must be free to search or what is true an right for them**

**Message:** *“What does it mean to be a family of Trust?” Perhaps a Parent-Children Circle? Have the whole family meet on Sunday afternoon or mid-week to discuss new events, ideas, needs, dreams? Make a conscious effort to communicate together your individual lives to develop that trust.*

Activity ideas for trust building:

- **The Reality Wall (for parents)**

*Michelle Richards, UU World Magazine*

<https://www.uuworld.org/articles/reality-wall>

Reflections for parents on the balance of trust in an ideal world and a feeling of betrayal when reality bites.

- **Helping Children Understand “White Lies”**

*Michelle Richards, UU World Magazine*

<https://www.uuworld.org/articles/understand-white-lies>

Helping parents reflect on truth telling and the implications of a lie.

- **How to Nurture Your Child’s Intuition (self-trust)**

<https://themulberryjournal.com/writing-collective/how-to-nurture-intuition>

- **My PlayHome**

<https://www.common sense media.org/app-reviews/my-playhome> “Parents need to know that My PlayHome is a highly interactive, dollhouse-style app for kids. Kids can choose from five “types” of family members in generic white, Asian, and African-American skin tones; the characters include moms, dads, boys, girls, and babies. Kids can add all 15 characters (each has a different outfit, hairstyle, etc.) to their homes, allowing for flexibility in creating a variety of family types. They can create a mixed-race family, one with two (or three) moms, or one with only sons.” - Common Sense Media

Theme Connection: Our families are places of trust. You can build a family like your own.