



Soulful Home

Finding the Sacred in
Everyday Spaces



Trust
March 2025

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A Blessing of Trust

Thanks to Our Widening the Circle Team

We thank [The Widening The Circle Team](#) for their insight and help with this packet. Their support and research run throughout this packet, from the stories to the activities. Their help in putting inclusion and love at the center of our packets is a vital part of helping families also center love in their faithful everyday moments.

The Welcome Mat

Exploring the Practice of Trust as a Family

As a parent, trust is one of the few things that crosses my mind at least once, if not more times a day.

Can I trust that my children are safe with that person in that place? Is my child telling the truth, and then the other side of the coin, do my children trust me enough to tell me the truth? Does my child know that that person is not trustworthy? How mad will my child be when they find out I lied about the tooth fairy? Can I trust that they understand just how much I love them? Can I trust that they are making good choices out in the world? Can I trust that they will find people to keep in their circle who have their best interests at heart? Can I trust that they are learning from their mistakes? Can I trust that I am a good enough parent? Friends, the list is never-ending!

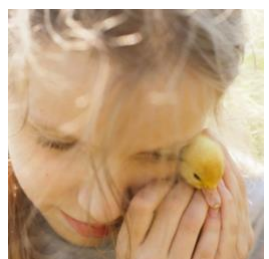
But if there is one thing that being a parent has taught me, it is that trust is an ongoing process! And the beauty of remembering this is that I can then tell myself that I do not have to do everything just right all the time. I can trust in the truth that I can always begin again. When trust weakens, there is always time to build back its strength. When trust is broken, we can rely on and lean into the process of forgiveness, apology and amends.

This awareness that trust is a process and can be rebuilt is not just a gift to me as a parent. It is also a gift I do my best to extend to my children. In fact, like you, I am acutely aware that how my children experience trust within our family is largely how they will experience trust in their relationships outside my family and as they grow up. That's a lot of pressure, I know. But what a beautiful thing as well. What an amazing thing to be able to give our kids the experience that they can be honest about their mistakes, that breaking trust doesn't mean relationship is automatically broken, that they can trust people with their secrets and vulnerability.

In short, I think being families that practice trust as a process means being families that enable our children to live in a world that is soft, not brittle. A world where we can grow and regrow trust again and again.

May your journey with this packet this month help you deepen your relationship with that soft world.

April



At the Table

Exploring Repair Through Discussions

The At the Table section engages the theme through question-driven family discussions. The questions are designed to be used at a family gathering, most often dinner, but also during a quiet moment in the living room, before a board game night, or while driving in the car. This section strengthens the bonds within a family as members learn more about each other by asking and answering evocative questions.

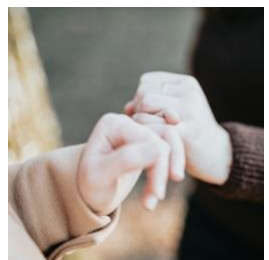
How To Go About It

The most straightforward way to do this is to have parents and/or caregivers read off the questions they think will resonate the most with family members and have everyone take turns answering.

Another fun way to do this is to create [a family question jar](#). To make this easier, we've listed all the questions below **at the end of this packet** with dotted lines you can cut along to make "question strips." You can then pull out the question jar and have family members choose a question/strip a few times each week.

Discussion Questions

1. Besides our family members, who do you trust the most? What makes them trustworthy?
2. How is trusting pets and animals different than trusting people?
3. Can you tell me a story about a time when someone lied to you and how it felt?
4. Why do you think people lie?
5. What makes a person trustworthy? How can you tell if you can trust someone?
6. Do you have any friends who "make up" stories? Why do you think they do that?
7. What is the best thing to do when you suspect that someone is lying to you?
8. Who are two adults you trust well enough to call if you are not in a safe situation?
9. What makes someone a trustworthy person? How many things can you name?
10. How can a person rebuild trust after making a mistake?
11. Would you trust someone simply because they said, "You can trust me"?
12. If you had to choose, would you rather someone trust or admire you?
13. When we make promises, we ask people to trust that we will keep our promises. Have you ever made a promise you later realized you could not - or should not - keep?
14. What does it mean to "trust yourself"?
15. Did you ever think someone was not trustworthy but learned they actually were?
16. Did someone ever betray your trust? What happened?
17. Did you betray someone else's trust? What happened?



At Play

Playing With Trust as a Family

Games, crafts, and activities to help families experience the theme through joy and fun.

This Month's Treasure Hunt - Searching for a Community of Trust

This month's treasure hunt helps families engage with their surroundings by perceiving your well-known world in new ways. We invite you to take the below list with you all month as you go on your trips to the grocery, your walks around the neighborhood, or your bike rides, and search for signs of trust.

As you do, have a conversation with your kids about how trusting others is what makes a community a community, and one way we can build trust in our communities is by acting in ways that promote each other's safety and well-being. Look for examples of how people trust others by looking for the following items (and, of course, you should always feel free to add your own):

- Someone helping a person stranded on the side of the road
- A service dog helping a human
- A mail carrier
- Someone throwing their litter in the trash can
- Someone giving directions to someone else
- Someone giving credit/debit cards to a waiter or waitress
- People taking their turn and/or waiting in line
- Someone giving directions
- Cars stopping and waiting for kids to get on or off the bus
- Someone delivering packages
- What other examples neighborhood trust and care can you find?

Family Trust Games...

Option A: Trust Building Obstacle Course (indoors or outdoors)

Create an obstacle course of a tunnel (under a table or bush with a blanket covering), over monkey bars, across "Lava" on stepping stones (pieces of paper), hanging from a rope, balancing on a curb, blindfolded partner walk around trees, etc. Invite your family to compete on the Obstacle Course, with points for:

- "Helpful comments through the tunnel,"
- "Family problem solving through the Lava,"
- "Trying again after falling off the balance beam,"
- "Trying something new," etc.

Keep track of helpful points and make up some as your family goes along. And remember the points are trust points, so invite your family to enjoy how much they built trust.

Alternative: Blindfolded Obstacle Course

Set up some random obstacles around the house. Then take turns blindfolding one family member who then must make it through the house without touching or stepping on an obstacle. The rest of the family verbally guides them through. By relying on each other's communication, trust is built between family members.



Option B: Falling Into Trust

<https://lovestores.co/blogs/news/trust-falls#:~:text=Trust%20falls%20are%20an%20exercise,be%20incredibly%20powerful%20and%20revealing.>

This is a fun activity to do with your family and or close family friends where one family member leans backwards, completely trusting the others to catch them safely, essentially demonstrating a level of vulnerability and reliance on the group to support them; it can be a fun way to build connection and strengthen family bonds by fostering trust and communication

Option C: My PlayHome

<https://www.common sense media.org/app-reviews/my-playhome>

Have fun together playing this highly interactive, dollhouse-style app for kids as you explore imaginative play and the idea that our families are places of trust.

Option D: Pillow Fight!

Gather the family (or those who enjoy this kind of play) and round up some pillows for an old-fashioned rough-and-tumble pillow fight. Pillow fights with trusted family members are excellent for building trust, practicing consent, and feeding our sensory input needs.

Depending on your kids and what will help them feel safe with this kind of play, you can choose between:

- A surprise, parent-initiated attack. Maybe ambush the kids when they wake up on a Saturday morning or at a random time home together when it's wet and cold outside.

Or

- A plan ahead approaches, where everyone knows what is coming. Make it an adventure by rearranging furniture and set up two "camps," with all the pillows in the house divided into two stockpiles, then invite the kids to join you in a feather-filled battle! You can simply launch pillows around until you're tired of it or set up a point system where you get points for hits.

No matter how you choose to play, be sure to establish early on that stop means stop, no matter if the person is laughing while they say it. Make rules together as you go along to ensure the fun and safety of everyone; it might be that you want to ban face shots or two-armed thwaps for teens and grown-ups if the bigger and stronger folks have too much of an advantage.

Model – even be explicit about —reading social cues and making adjustments, making and applying rules in a way that's fair, and valuing each other's safety and wellbeing above all. And of course, keep it light and fun. Laugh at yourself as much as you laugh together with your kids.



At the Bedside and in the Book Nook

At The Bedside & In the Nook suggests books that help families engage the monthly themes with their imagination. This story-centered section honors the unique way stories enrich our sense of what's possible, expand our empathy, and build our identities.

Franklin Fibs

by Paulette Bourgeois and Brenda Clark (suggested for kids 3-7)

Franklin learns the importance of being truthful to his friends and family.

Invitation to Connect: *Parents, ask your children what their favorite part of the book might be. Then, share a story about a time you may have fibbed as a child and the lesson you learned. Then, ask your child(ren) to share a story about a time they may have fibbed.*

The Boy Who Cried Wolf

by Teresa Mlawer (suggested for kids 3-8)

Dive into a classic story about a boy who loses the villagers' trust by pretending there is a wolf. Then, on another occasion, when there really is one, no one believes him.

Invitation to Connect: *Parents use this as an opportunity to talk about how trust is something hard to build but easy to lose.*

The Invisible Boy

by Trudy Ludwig (suggested for kids 5-8)

"Meet Brian, the invisible boy. Nobody ever seems to notice him or think to include him in their group, game, or birthday party . . . until, that is, a new kid comes to class. When Justin, the new boy, arrives, Brian is the first to make him feel welcome. And when Brian and Justin team up to work on a class project together, Brian finds a way to shine. ... this gentle story shows how small acts of kindness can help children feel included and allow them to flourish." - Amazon

Invitation to Connect: *Parents use this as an opportunity to talk about how kindness is a way of showing someone you can be trusted. Ask your children to think about the people in their lives that they trust and share a time when that person was kind to them.*

Nothando's Journey

by Jill Apperson Manly (suggested for kids 7-9)

Open the pages to a journey of self-discovery, told through the eyes of a young girl named Nothando. The book tells of the Reed Festival, an important celebration in Nothando's country of Swaziland in Southern Africa. Nothando and her brother venture into the unknown hills in order to get to the festival on time. As Nothando explores the hills of Swaziland, she visits with various animals--Nothando moves freely with the animals and begins to become comfortable with who she is." - Amazon.

Invitation to Connect: *Parents, this is an excellent opportunity to talk with your children about how they trust (or don't trust, for that matter) in their abilities.*

Bridge to Terabithia

by Katherine Paterson (suggested for kids 9-12)

This is a wonderful book about friendship and trust between two unlikely companions and how trust shapes their



In Front of the Screen

Watching Meaningful Movies Together

In Front of the Screen offers families ways to connect with the monthly theme and each other through movies and TV shows.

Bluey - Season 2 Episode 23. "Taxi" (G)

In this episode, Bluey pretends to be a taxi driver, and Bingo is her passenger. The game takes an interesting turn when they pick up Dad as a grumpy businessman. Throughout the game, trust becomes central as Bingo relies on Bluey to navigate the chaotic taxi ride safely. It highlights themes of trustworthiness, honesty, and collaboration,

Invitation to Connect: *After watching, talk about how you honesty and trustworthiness show up in your family.*

The Muppet Movie (G)

Snuggle up as a family and watch as Kermit learns to trust in himself in order to undertake the road trip to Hollywood.

Invitation to Connect: *Parents, here's your chance to share stories about how grand adventure or courageous risks helped you learn to trust yourself in your life.*

Akeelah and the Bee (2006) PG

A powerful movie about eleven-year-old Akeelah Anderson. Akeelah's life is not easy: her father is dead, her mom ignores her, her brother runs with the local gangbangers. She's smart, but her environment threatens to strangle her aspirations. Responding to a threat by her school's principal, Akeelah participates in a spelling bee to avoid detention for her many absences. Much to her surprise and embarrassment, she wins. Her principal asks her to seek coaching from an English professor named Dr. Larabee for the more prestigious regional bee. As the possibility of making it all the way to the Scripps National Spelling Bee looms, Akeelah could provide her community with someone to rally around and be proud of -- but only if she can overcome her insecurities and her distracting home life.

Invitation to Connect: *Parents, use this movie as an opportunity to talk to your kids about how they also trust in themselves and follow their intuition to be their authentic self.*

A Wrinkle in Time (PG)

A fun movie great for middle schoolers, that centers around Meg, a biracial middle schooler struggling with cliques in school. Join her on an amazing adventure as she learns to trust in her own abilities to overcome IT, the huge fantasy bully.

Invitation to Connect: *Parents, use this movie as an opportunity to talk to your kids about ways they can help those with physical limits be included.*



In the Toolbox

Strategies to Help Our Kids Navigate the Complicated Stuff

In the Toolbox offers parents resources to better understand the well-established and newly emerging challenges of being a child today. It's all about equipping parents to be better guides and companions for their kids.

Resource One: Being Brave Is Stepping Backward and Trusting Our Children

<https://onbeing.org/blog/being-brave-is-stepping-backward-and-trusting-our-children/>

“As parents, we spend a lot of time worrying about our children. We fret about the degree to which our parenting affects their development and well-being. Yet children are actually emancipated individuals who would spare us the insecurities of raising them, if we would trust them...”

Resource Two: The Reality Wall

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.

Resource Three: 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.

Resource Four: How to Nurture Your Child’s Intuition (self-trust)

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

Your intuition is your innate guidance system. It’s your inner compass. It gives you the coordinates to navigate life with a feeling of what is right for you. Here’s why it’s so important to nurture this gift in your children, and how you can do it with openness, compassion, and trust.

Resource Five: Why Code Words Are Key to Your Family's Safety

<https://www.goodhousekeeping.com/life/parenting/news/a43654/family-code-words/>

Does your family use code words to help young children know when to trust familiar adults, and to help older children to reach out to trusted adults so they can exit fraught peer situations? Check out this article to learn if this practice is one that would fit in your family:



On the Porch

Connecting and Sharing Stories with [Your Village](#)

On the Porch uses thoughtful questions to open space for you and your parenting partners or parent/caregiver friends to connect more deeply with each other and think more deeply about how the monthly theme has shown up in your life and can show up in a more intentional way.

How to Go About It

Bring these questions with you when the time comes to hang out with your co-parent or parenting/caregiver buddy. Treat the questions less as a quiz and more like doorways inviting you into the world of mutual storytelling and memory. Go through them all or pick a few that call to you most.

Questions

1. When do you trust yourself most as a parent, and when do you feel the most self-doubt?
2. Has it ever been hard to trust that your children will find their way?
3. What have you trusted since childhood?
4. When has broken trust left you broken-hearted? How might a learning about that be helpful to you as a parent?
5. How intentional are you about modeling trusting relationships for your children?
6. How were your parent(s) “trustworthy parents” and how were they “untrustworthy parents”? How does that early experience shape your parenting today?
7. Were you trustworthy as a teen? Is there a lesson in that experience that you want to pass on to your teens?
8. What is your best story of learning to trust yourself? What might be the most important part of that to pass on to your kids?
9. What has parenting taught you so far about how to balance giving your child freedom while still maintaining trust that they will be ok?
10. How have your personal trust-issues influenced your co-parenting (if applicable) or your relationship with your partner?
11. What are your strategies to help your child(ren) trust in the future?
12. What has been your greatest insight about what it means to be a family/parent/child of trust?



Alongside the Chalice

Family spiritual practices and rituals are crucial for kids, youth, and adults. While lighting a chalice at home is a beautiful family practice, it can often be the only explicit UU identity practice we bring into our homes. So our Alongside the Chalice section offers a different UU practice, observance, or ritual for families to try out each month, with the hope that a few stick and become woven into the repeated and treasured rhythms of family life.

Family Trust Check In

This month, explore being a family of trust by engaging in a week-long, once-every-evening trust check in.

After lighting a chalice, have each family member share something they put their trust in during that day - be it a person, thing, principle, or themselves.

Here are some chalice lighting words that might go well with this ritual:

“We light this flame to remind us of the warmth and light of trust that binds us together.”



The Extra Mile

The Extra Mile section is for families who want to continue exploring the theme of the month through larger adventures, more complex projects, or simply through additional modalities not otherwise included in the packets. A bit more effort, but well worth it!

Trust Drawer

Some thoughts and feelings are hard to share aloud, especially with a parent. Designate a drawer, maybe one in your bedroom or in the kitchen, in which your child(ren) can leave a note of something they want to share with you but may have a hard time starting the conversation.

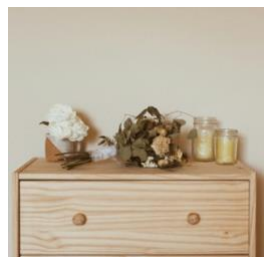
Introducing the idea: Let your child know that they are special to you, and you want to be a trusted person in their life. Acknowledge that it might be hard to come to you with some things, such as questions about life, God, and relationships. Let your child know that you want to know about what they are thinking about or struggling with in whatever way they are most comfortable sharing. Show them the “trust drawer” and commit to checking it every evening after they go to bed.

You’re encouraged to select a drawer you already use on a daily basis to be sure you remember to look for a note - you may also prefer asking your child to leave a note on your pillow, so you are sure to see it.

After introducing the idea, develop a plan with your child regarding how they want you to respond to their notes. Would they like you to write them back? Would they like to talk about what they shared the next day? Will they commit to writing down what they would like to happen next with you in their note? Create a covenant, or agreement, regarding how the note will be handled with the understanding that your plan may change based upon what you find works well and what you find does not. Commit to checking the drawer every evening or morning. Knowing that you are checking can provide comfort and promote trust with your child/ren.

The following articles on how to have difficult conversations with our children might be helpful...

- How to practice active listening as a parent:
<https://centerforparentingeducation.org/library-of-articles/healthy-communication/the-skill-of-listening/>
- How to discuss difficult subjects with our children:
<https://www.common sense media.org/blog/how-to-talk-to-kids-about-difficult-subjects>



Pop-up Thanks to our Mail Carriers

Did you know that it's actually illegal to go into someone else's mailbox? That's because a whole lot depends on the mail coming and going to the people and places it's supposed to go. The mail is how people communicate important news to each other, get bills paid, and more. Our mail carriers carry more than envelopes and packages--they carry a lot of our trust!

So, let's make our mail carriers a card or write a note expressing our thanks for taking good care of something so valuable as our mail.

There are a few special considerations when offering a gift to a mail carrier, since they are federal employees. This article lays those out:

<https://www.thoughtco.com/the-right-gift-for-the-mailman-3321106>

Pop-up cards look very clever but are actually quite simple to make. [Here's a good tutorial](#). The message inside could be as simple as, "Thanks for bringing and taking our mail!" (And if this activity is fun for you and your kids and you want to keep going, you can use the same technique to make a few special Valentines, too.)



Blessing of Trust

Dear fellow tiny hand holder,
promise keeper,
adventure guide and snuggle giver,

May your homes and hearts be open to the honesty of little (and big) voices,
and may you guide the beings that hold those voices gently with wisdom
and compassion.

May trust weave through your words and actions,
building a home where all feel safe to grow and to be.

May you find strength and patience to mend trust when it is broken,
teaching forgiveness as a path back to connection.

May your family's journey be grounded in the belief
that trust, though fragile at times,
is resilient and can always be invited back in.

May you trust yourself—your instincts, your patience, your love—
to travel this path of parenting with humility and grace.

May you always remember that with every step,
you have a chance to nurture a world of trust and hope.

And may you find courage in the sacred act of letting go,
trusting that your children are held by a love greater than just your own.

Blessed be and May it be so.

~ ***April Rosario***



Question Jar Cut-Outs

Notice that there are a few blank strips at the bottom of the list.

We invite you to write your own questions on those strips.

We also remind you that questions that evoke stories are often the most impactful.

**Besides our family members, who do you trust the most?
What makes them trustworthy?**

How is trusting pets and animals different than trusting people?

**Can you tell me a story about a time when someone
lied to you and how it felt?**

Why do you think people lie?

**What makes a person trustworthy?
How can you tell if you can trust someone?**

**Do you have any friends who “make up” stories?
Why do you think they do that?**

**What is the best thing to do when you suspect that
someone is lying to you?**

**Who are two adults you trust well enough to call
if you are not in a safe situation?**

**What makes someone a trustworthy person?
How many things can you name?**

How can a person rebuild trust after making a mistake?

**Would you trust someone simply because they said, “You can trust
me”?**

**If you had to choose, would you rather
someone trust or admire you?**

**When we make promises, we ask people to trust that we
will keep our promises. Have you ever made a promise you later
realized you could not - or should not - keep?**

What does it mean to “trust yourself”?

**Did you ever think someone was not trustworthy
but learned they actually were?**

Did someone ever betray your trust? What happened?

Did you betray someone else’s trust? What happened?

Connect with More Inspiration for You and Your Family!

Parents can Join our Facebook and Instagram pages for
daily Inspiration on our themes:

Facebook: <https://www.facebook.com/soulmatterssharingcircle/?ref=settings>

Instagram: https://www.instagram.com/soul_matters_circle/

Parents and youth will want to check out
our [Spotify](#) & [YouTube](#) music playlists on the monthly themes.

Credits

Soulful Home packets are prepared by
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You are free to use any of this material verbatim in worship, newsletters
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