



Flour Tower of Trust

(Suggested for all grades)

Materials:

- Flour
- Dime
- Hard plastic cup
- Newspaper
- Butter knife
- Paper plate

Lesson:

Begin by spreading newspaper on a table. Place the dime in the center of the bottom of the plastic cup. Scoop flour into the plastic cup. Pile it to the brim and press down firmly to make it compact. Place the paper plate on top of the glass and turn them over together on the newspaper. Tap the cup gently, and carefully lift it off. The flour will remain standing in the shape of the cup with the dime on top.

Explain that the dime represents being honest and trustworthy. Next, take the knife and carefully slice off the edge of the “flour tower” being careful not to cut too deeply. Tell the students that this represents what happens when we tell lies. Our reputation is weakened. Others will not trust or respect us, and eventually the tower of trust falls. Continue slicing the edges of the flour-notice how each time more flour is removed the dime’s position becomes more precarious, just like the trust our friends have in us. Continue until the dime drops in.

DISCUSSION QUESTIONS:

1. How do you know when you can trust someone?
2. What part does trust play in your relationships with your friends and family? How would these relationships be affected if you found out someone was lying to you?

3. Can you imagine starting a friendship with someone you didn't trust? What would that be like?
4. What are the benefits of being a trustworthy person? How do you benefit from the trustworthiness of others?
5. What does trusting somebody mean?
6. What do you look for in someone so you know you can trust him/her?
7. What makes a person trustworthy and honest?
8. What does trust have to do with the quality of someone's character?
9. How do you define a "lie"?
10. Is it ever okay to lie? When would that be?
11. What is a white lie? Is there any difference between a white lie and any other kind of lie? When have you told a white lie? What was the situation?
12. Some people say that simply avoiding the truth isn't really a lie. What do you think?
13. What is the biggest lie you've ever told? Would you do it again? Why or why not?
14. In the discussion about telling lies, one girl says her parents still mistrust her after her big lie. She says that her dad asked how he could know he could trust her again. Can you come up with an answer to that question?
15. If your friends were here right now, would they say you were trustworthy? What would your parents say? Are you more trustworthy with your friends or with your parents? Do you think your parents should trust you automatically? Why or why not?
16. Have you ever lost the trust of someone you cared about? How did it make you feel?
17. Have you ever lied to fit in? Did it help you fit in? If not, what happened?
18. Have you ever been lied to by someone you care about? What did that feel like?
19. What advice would you give to someone who wants to earn back your trust?
20. What qualities in one's character are needed to regain trust? What qualities in one's character are needed to trust someone again after he/she has broken your trust?
21. Can your parents trust you? Why or why not? What role does trust play in your relationship with your parents? Have your parents talked to you about trust? How important is it to you and your parents?

