

# Trustworthy Friends (Grades K-5)



**Overview:** This activity will demonstrate ways that reliable and trustworthy friends can help you achieve things that feel impossible. Knowing how to identify traits of a trustworthy friend and the benefits of being one will help students as they develop their character skills.

## Character Education Objectives:

Students will:

- engage in an activity that will require that they trust and rely on their partner.
- share the elements of a trustworthy friendship.
- reflect on their own friendships and consider how trust is vital to relationships.

## Directions:

- Divide students into pairs.
- Partners sit facing each other with the soles of their shoes pressed against the other player's shoes.
- Ask students to reach out and grab their partner's hands.
- Next, ask students to pull their partner's hands. As they pull at the same time, they should try to pull each other into a standing position
- Have participants try this activity with a new partner (start with similar size partners and then try varied size partners).

### Discussion:

- When do we have to rely on each other? How does that make you feel?
- Share about times when others have gone beyond the usual to show that they care for you. Ask students to share their experiences.
- What happens in a friendship when you cannot rely on the other person?
- Why is it important to have trustworthy friends?

Trustworthiness is one of the Six Pillars of Character. [Click here](#) to learn more about the Six Pillars!