

New Moon Worksheet – What do I trust? (Children)



1. Drawing Task: Trust Tree

Draw a tree. In the trunk, write: **"I trust in..."** In the branches, write or draw things that make you feel safe — family, friends, animals, or nature.

2. Trust Game: Eyes Closed, Hands Open

Ask someone you trust to place something in your hands while your eyes are closed. What do you feel? What do you smell? Can you trust your senses? Talk about it together.

3. Magical Wish

Write or draw something you want to trust in, like: "I trust that I will find good friends." Put the note in a jar or box and place it in a special spot.


