

Name _____

LESSON 7 Trust and Secrets

The Gift of Emotions

God gave us the gift of **emotions**. Emotions can help us know when we are in a safe or an unsafe situation. Emotions can also help us make choices.

We can feel many different emotions. Sometimes we feel more than one emotion at the same time, which can make us feel confused.

Write the word from the Word Bank next to the picture of the emotion. In the empty circle, draw a face showing another emotion. Write the name of that emotion on the line.

happy

sad

surprised

mad













Scripture

*The LORD is my strength and my shield;
in whom my heart trusts.*

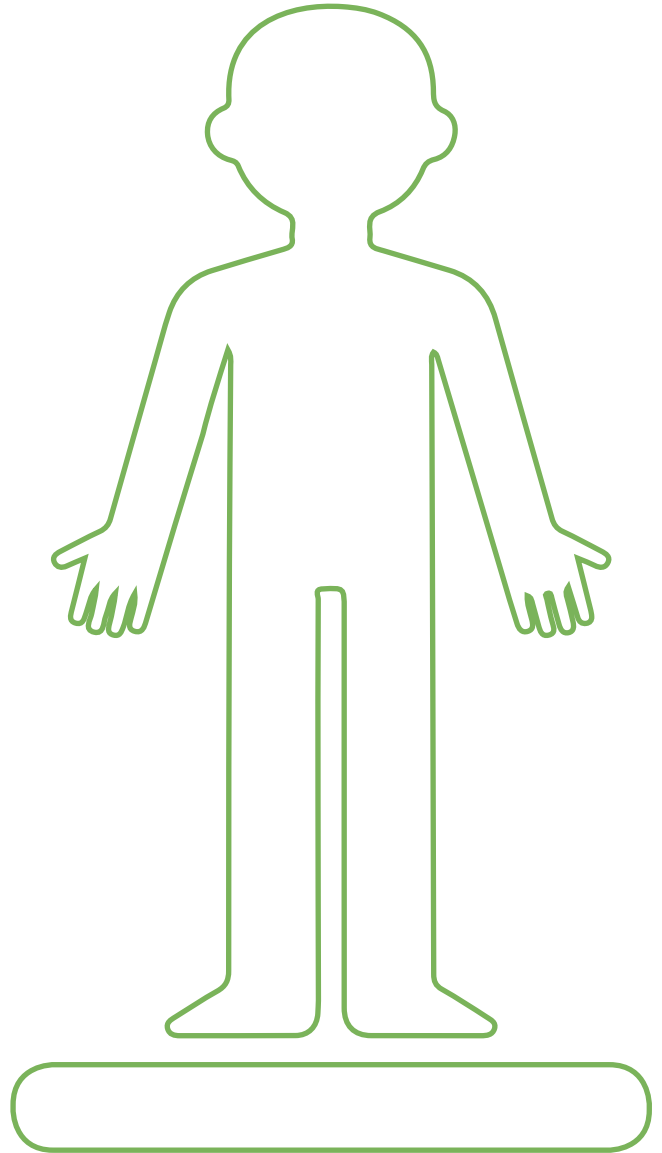
Psalm 28:7

Tell a Trustworthy Adult

Trustworthy adults want you to be safe. They follow rules and help you follow rules too. They do not act in a way that makes you feel sad, scared, or confused. Trustworthy adults never ask or tell you to keep secrets about their behavior.

A secret about touching is an **unsafe secret**. Tell a trustworthy adult about an unsafe secret right away.

Complete the picture to show a trustworthy person in your life whom you would tell about an unsafe secret. Then, write his or her name in the box.



Prayer

Dear Heavenly Father, I know that you are always with me. Thank you for blessing me with safe and trusted people to help me.