

Name _____

LESSON 7 Trust and Secrets

The Gift of Emotions

God gives 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.

Think of a situation that made you feel excited or happy. Complete the sentence. Then draw what that emotion looked like and felt like.

I felt _____

when _____ .



Scripture

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

Psalm 28:7

Who Is a Trustworthy Adult?

Trustworthy adults want you to be safe. They follow rules and help you follow rules too. They don't 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.

Any secret about touching is an **unsafe secret**. Tell a trustworthy adult about an unsafe secret right away. It is never too late to tell about an unsafe secret.

Draw a picture of yourself with a person you trust. On the lines below, write the name of the person and why you trust her or him.

A large rounded rectangular box with an orange border. Inside the box, there are two horizontal lines near the bottom, intended for drawing and writing.



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.