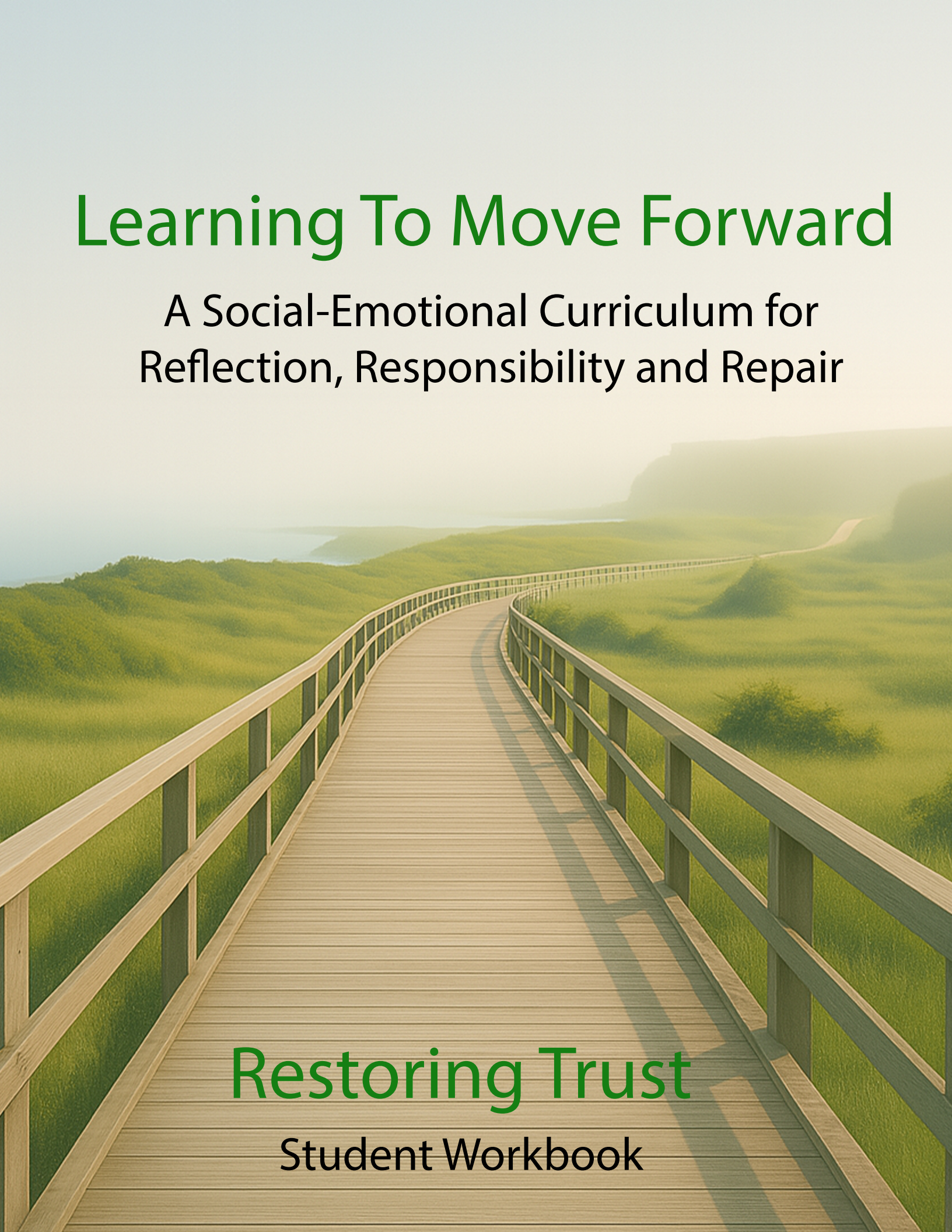


A wooden boardwalk with railings winds through a lush green landscape. In the distance, a body of water is visible under a hazy, sunlit sky. The boardwalk leads the eye from the bottom center towards the horizon.

Learning To Move Forward

A Social-Emotional Curriculum for
Reflection, Responsibility and Repair

Restoring Trust

Student Workbook



Welcome to *Learning to Move Forward: Restoring Trust*

This book is about trust—what happens when it breaks, and how we begin to build it back.

You might have been through situations where someone let you down. Or maybe you were the one who made a mistake, and people stopped trusting you. That can feel heavy, confusing, or even unfair.

This book isn't here to judge you. It's here to help you think, reflect, and grow. Because **trust can be rebuilt**.

Inside this book, you'll find:

-  **Short stories** about students just like you—people who mess up, figure things out, and try again
-  **Reflection questions** that help you understand what trust really means
-  **Activities** that give you the chance to think about your choices and how they affect others
-  **Tools** to help you move forward when things go wrong

You don't have to be perfect to use this book. You just have to be willing to think, try, and take a step forward.

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Sentence Starters for Student Writing (*Restoring Trust Focus*)

These can be used with journal prompts, story debriefs, or behavior reflection conversations.

♦ **Sentence Starters:**

- I broke someone's trust when I...
- I didn't mean to hurt them, but I...
- I can tell someone doesn't trust me when...
- I understand why they feel...
- It's going to take time, but I want to...
- I want to earn back their trust by...
- I didn't keep my promise, and now...
- I feel bad because I know I...
- I didn't realize how important it was to...
- I want to show them I've changed by...
- I know saying sorry isn't enough, so I will...
- When someone loses trust in me, I feel...
- One way I can start to make things right is...
- I need to be more careful with...
- I want to be the kind of person who...
- I've been working on rebuilding trust by...
- I understand it's not easy to forgive, but...

- I know I can't rush it, but I'll keep...
- I used to think trust came easy, but now I know...
- I want people to believe that I...

Getting Started Prompts

20 Daily Prompts with Reflection Questions

Guidance: Read the prompts below then respond to them. If you need help or support answering the questions, ask your staff.

1. Have you ever felt let down by someone?

- What happened?
- How did it make you feel?
- Did you tell them?
- What did you do next?

2. Have you ever said you would do something and forgot?

- What did you forget to do?
- Did someone count on you?
- How did you try to fix it?
- What would you do differently next time?

3. What does it mean to trust someone?

- Who do you trust?
- What makes you trust someone?
- What makes you lose trust?

4. How do you feel when someone says "I promise" but doesn't do it?

- Has this happened to you?
- How did it feel?
- Did you talk to them about it?

Stories to Think About

In this book, you'll read short stories about students like Jayden, Talia, and Zuri. These stories show moments where people are learning how to build or rebuild trust—whether with a friend, a teacher, or even themselves.

Each story gives you a chance to think about what happened, how people reacted, and what choices they made. It's a way to explore real-life situations and think about what you might do if something like that happened to you.

Why the Stories Matter

- They show how people work through everyday challenges
 - They give examples of how trust can be built, broken, and repaired
 - They help you notice how feelings and choices connect
 - They make it easier to talk, think, or write about similar situations
-

How to Use the Questions After Each Story

At the end of each story, there are a few reflection questions. These are here to help you understand the story and connect it to your own ideas.

Here are some tips for using them:

- You can read the story out loud or silently—whatever works best
- You can talk about your answers before writing
- You don't have to answer every question—just start with a couple
- You can respond by writing, drawing, or talking
- Your teacher or counselor might share an example first to help you get started

Story 1: “The Group Project”

Unit Theme: Restoring Trust

Featured Themes from Daily Prompts: Responsibility, broken trust, repairing the damage, earning second chances

Talia had always been the go-to partner for group projects—organized, dependable, and straight to the point. But this time, things were different. She had been paired with Zuri, the new student, and Jayden. Zuri was quiet and guarded, barely looking up during their first meeting. Jayden cracked jokes to lighten the mood, but Zuri stayed stiff. “I’ll just do my part and email it,” she muttered. Talia rolled her eyes. “This is a *group* project.”

By the end of the week, nothing from Zuri had arrived. The night before the presentation, Talia and Jayden had to fill in the gaps themselves. The next day, when they presented, Zuri stood off to the side and barely spoke. After class, Talia snapped, “You didn’t even try. Why’d you sign up if you weren’t going to do anything?” Zuri didn’t answer. Later that day, Mr. Ramos pulled all three into his office. “Zuri,” he asked, “what happened?” Zuri looked down. “I’ve had people say they’d have my back before. And they never did. I didn’t think anyone actually wanted me in the group. So I just... stayed out.”

There was silence. Then Talia spoke. “You should’ve said something.” But even as she said it, she felt a sting of guilt. She hadn’t made Zuri feel included. She and Jayden had done most of the work without checking in. Mr. Ramos leaned forward. “Restoring trust doesn’t mean pretending the hurt didn’t happen. It means owning the parts we played—and rebuilding from there.” Talia sighed. “Okay. Next project—we do it right. Together. If you’re in.” Zuri looked up for the first time and nodded. “I’m in.”

-
- This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



What happened: Talia and Jayden didn't check in with Zuri and assumed she wasn't participating. Zuri felt excluded and chose not to engage.

Rewrite Prompt:

Rewrite this story so Talia includes Zuri from the beginning. What could she say or do differently to build trust early on?

Sample Response:

At the first meeting, Talia said, “Zuri, I know you’re new, but we want you in this. What part of the project do you want to handle?” Zuri looked up, surprised, and said, “I could work on the visuals.” Talia smiled. “Cool—just send us a draft by Thursday?” Zuri nodded. They started off as a real team.

[illegible]

Story 2: “The Locker Key”

Unit Theme: Restoring Trust

Featured Themes from Prompts: Keeping your word, breaking promises, fixing friendships, showing you're serious through actions

It started as a small favor. Jayden had forgotten his gym clothes again, and Zuri offered to let him borrow her extra set from her locker. “The key is in my bag,” she said. “But just bring it back by the end of lunch. I need it for practice.” Jayden thanked her, took the key, and headed off.

But at lunch, Jayden got caught up in a game of basketball outside and completely forgot. When the bell rang for 6th period, Zuri was at her locker—waiting. No key. No clothes. No Jayden. She missed practice that day. Later, she found Jayden by the vending machines. “You said you’d give it back,” she said. “I needed that.” Jayden winced. “I’m sorry. I just forgot.” Zuri didn’t say anything. She walked away.

The next day, Jayden waited by Zuri’s locker. When she arrived, he handed her a folded-up apology note with a granola bar taped to it—her favorite. “I didn’t mean to let you down. I’m not asking you to trust me again right away. But I’ll work to earn it back,” he said. Zuri took the note and read it slowly. “Thanks,” she said. “Just... don’t make promises you’re not ready to keep.” Jayden nodded. “I won’t.”



What happened: Jayden forgot to return Zuri's key, breaking a promise.

Rewrite Prompt:

Rewrite this story so Jayden remembers the promise and keeps his word. How might that have helped maintain trust?

Sample Response:

After basketball, Jayden checked the time and ran to find Zuri. “Here’s your key,” he said, handing it back. “Thanks again—I almost forgot, but I promised.” Zuri smiled. “No problem. Glad you remembered.” Trust stayed strong because he followed through.

[illegible]

- [illegible]

Restorative Letter Writing

Step 1: Say What Happened

Start by explaining what you did. Be honest and direct.

Dear _____,

I want to talk about what happened when I _____

I know that I _____

Step 2: Own Your Actions

Take responsibility — even if others were involved.

I take responsibility for _____

I understand that my actions caused _____

Step 3: How You Think It Made Them Feel

Show that you're trying to understand their point of view.

I think you may have felt _____ because of what I
did. I didn't mean to _____, but I
see now that I did.

Step 4: Say You're Sorry

This is your chance to apologize in your own words.

I'm truly sorry for _____

I know saying sorry doesn't fix everything, but I mean it. _____

Step 5: What You'll Do Next

Offer a plan or promise for how you'll do better moving forward.

I want to make it right by _____

Next time, I will _____
