



Music Activity



Listen to the song "Plugging-in" on the WhyTry CD.

When you have challenges in life or life is difficult, who do you most often turn to for help?

What qualities does that person have that make you want to seek their help?

Why do you think it is important to get help from others when you have a problem or are trying to overcome challenges in your life?

Why do you need trust in a relationship?

How do you build trust?