

# Truthfulness

## Truth Tellers Game

Sit at a table and put an object in the middle, for example a teddy bear. Take turns describing the object. Notice how everyone says something a bit different, such as "It is soft," "It is brown," "It has a red bow," "I like to play with it." Listening to only one description does not totally describe the entire truth of the object. Telling the truth requires explanation and questioning to get a clear picture of what is really true.

## Truth about Ourselves

Practice being confident talking with others and sharing truths. Take turns asking your name, age, favorite foods, and what you like to do. We do not need to be shy about sharing the truth and should feel good about who we are and what we think.

## Importance of Truth

Have a puppet exaggerate about several things, such as saying they are as big as a mountain or that they can eat 10 whole bananas. Talk about how you will lose trust in someone if they are not truthful. These are some reasons why we should always tell the truth.

## Discovering Truth

Take a walk outside and list as many truths as you can find. For example, the sun is bright, the grass is green, or the birds are singing. Investigating the truth means learning about things yourself and not just listening to what others say about something. We can learn lots by observing things around us. Discovering truth is fun!

## Stories vs. Truth

Deciphering truth from fantasy can be tricky, especially things we see on TV, movies or the Internet. Make up a fantastic story with your child about things that could not be true (such as flying, living in the clouds, or meeting animals that talk). These stories are fun, but they are not reality (what is true in the real world). Some things we see (such as shows with cartoon characters) or hear about (like fairies or monsters) are not actually true but made-up stories.

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## Being Truthful When We Are Nervous

Draw three boxes. First: image showing a child breaking something and feeling nervous. Second: how the child told the truth and how the parent or teacher reacted. Third: how the parent or teacher helped the child fix what they broke or make up for it. Even if it's hard to tell the truth, it is always the best choice.

## What Happens When We Are Not Truthful

Tell a story of when you or someone you know did not tell the truth, and what happened afterwards. When people do not tell the truth, people feel hurt and do not trust them any more.