

Honesty (Grades 3-5)

For PurposeFull Families



EXPLANATION:

This month we're talking about Honesty! The dictionary defines it as: "fairness and straightforwardness of conduct; adherence to the facts." The definition we are using in class is:

Honesty: living truthfully in your words and actions and thoughts!

Honesty is more than just truth-telling! It is about living a life that is thoughtful and clear about what we believe is good and just. It's about making sure that what we think is kind and worthwhile lines up with what we say and what we do. Over the course of the month, we will talk about people from Albert Einstein to Virginia Woolf who lived the idea of Honesty in inspiring ways. We will talk about the cost of lying and what it does to our body and mind. We will connect how Honesty and Kindness are closely related traits. It's going to be a powerful time -- truly!

CONVERSATION STARTERS:

- Here's a scenario: Jimmy doesn't want to go to his friend's place, so he lies and says that his mom won't let him. How many times does he have to lie before he's considered a liar? Could you be friends with someone like Jimmy?
- Being honest is an important part of being a person with integrity. Some people say that integrity means, "doing the right thing, even when no one is watching." What do you think of that definition? Anything you'd add? What might it feel like to be a person with integrity?
- Share a time that you were dishonest. Why did you do it? What was the result? Be vulnerable with your child and let them know about a time where you knew you were out of alignment.

QUESTIONS YOU COULD ASK:

- How do cheating, lying, or stealing affect trust? How do they affect friendships?
- How can being honest make you feel vulnerable? How can being dishonest make you feel vulnerable?
- How do you feel when I'm honest with you? How would it feel if you found out I kept something from you?

APPLICATION:

Books:

- [*The Empty Pot*](#) by Demi
- [*The Lunch Thief*](#) by Anne C. Bromley
- [*Wolf! Wolf!*](#) by John Rocco
- [*Touchdown Trouble*](#) by Fred Bowen
- [*The Honest-to-Goodness Truth*](#) by Patricia C. McKissack
- [*Otherwise Known as Sheila the Great*](#) by Judy Blume
- [*A Bike Like Sergio's*](#) by Maribeth Boelts

FOR YOUR READING:

- [*Ten Ways To Teach Your Children To Be Honest*](#) by All Pro Dad Blog
- [*6 Ways To Teach Your Child The Importance of Honesty*](#) by Kia Morgan Smith

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ACTIVITY:

Have a family conversation about 3 specific ways you'd like to improve in your life using these 3 categories: Physical, Emotional, Relational. Talk about one way you'd like to improve each of those areas of your life and write them down for the family to see. Get everyone to share and put the list up somewhere so people can hold each other accountable!

PURPOSEFULL PURSUITS:

Exaggerating The Truth

Is exaggerating dishonest? How common is it? Challenge the family to look with intention for examples of exaggerating in reading, internet time, and/or television shows this week. Make it a competition to see who can come back to the table with the most or best examples and use them to talk about how exaggerating distorts the truth and about the difference that words like *always*, *never*, *everybody*, *everywhere*, all might make as we work to practice Honesty.

Toughness: 2

Time: 2

Type: Group

The \$1000 Question

At the dinner table tonight, ask, "What would you do if you found \$1000 in an empty parking lot?"

As you hear your child's responses, dig deeper to find out how they're going to do what they think is best to resolve the issue and why they think that's best. Spend time having each person in the family share their answer and then compare and contrast the differences. Ask your child about how these answers relate to what they've been learning about Honesty in class.

Toughness: 1

Time: 1

Type: Group

The Moral of the Story

Tell a collaborative story - at bedtime, at the dinner table, in the car, etc. - by taking turns adding sentences to the narrative. Make sure the story shows what happens when characters practice Honesty... or don't. How does the plot thicken? How can they resolve the conflict?

Toughness: 1

Time: 2

Type: Group

An Honest Surprise

Is there ever a time when it is ok not to tell the truth? As a family, brainstorm a list of reasons why it might be ok to NOT be honest. Examples: Hosting a surprise party, getting someone a gift, doing a random act of kindness, etc.. Choose someone as a family who could benefit from an honest surprise. Plan a mini celebration for that person!

Toughness: 3

Time: 3

Type: Group