

# Honesty (Grades K-2)

## 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 a lot more than just telling the truth - it is also about thinking and acting in a way that feels consistent, kind, and sincere. What do we do with honest thoughts that aren't very nice? How do our actions in Honesty help or hurt our relationships. Over the course of the month, we will talk about people from Emily Bronte to Jackie Robinson who lived out Honesty in their words and actions. We discover new games and techniques to make us more honest competitors and more thoughtful friends. It will be a time of challenging, but rewarding conversations - thanks for being a part of them!

### CONVERSATION STARTERS:

- Here's a scenario: Your friend June told you that your friend Rachel has been talking about you behind your back. When you ask Rachel if that's true, she said no, that she didn't say anything. What do you do?
- Sometimes, people cheat or do not play by the rules when they are playing a game. How do you think they feel if they win the game by cheating? Do you think it is better to cheat and win or be honest and lose?
- Share a time when someone was dishonest with you. What happened? How did that impact your relationship with the other person?

### QUESTIONS YOU COULD ASK:

- Which one is worse to you: lying, cheating, or stealing? Explain your answer.
- How important is it to you that your friends are honest? When your friends are dishonest with you, how does it make you feel? What should you do about it?
- When is it most difficult for you to tell the truth? Have you ever felt like I've lied to you? How did that make you feel?

### APPLICATION:

#### Books:

- [\*Eli's Lie-O-Meter: A Story About Telling The Truth\*](#) by Sandra Levins
- [\*The Boy Who Cried Wolf\*](#) by B.H. Hennessy
- [\*Too Many Tamales\*](#) by Gary Soto
- [\*Ruthie and the \(Not So\) Teeny Tiny Lie\*](#) by Laura Rankin
- [\*What James Said\*](#) by Liz Rosenberg
- [\*The Secret Olivia Told Me\*](#) by N. Joy

### FOR YOUR READING:

- [\*The Honest Child: How To Teach Honesty\*](#) by Mary VanClay
- [\*12 Tips For Raising Truthful Kids\*](#) by Charity Ferriera
- [\*Turning Lies Into Lemonade: How to Encourage Honesty\*](#) by Jessica Graham

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### ACTIVITY:

Watch and discuss the classic story of [The Boy Who Cried Wolf](#) together as a family. Or, retell the story in your own words!

Then, when you feel tempted to not tell the truth, ask yourself, "Am I crying wolf?" and, if so, what's a more honest choice for me to make right now?

### PURPOSEFULL PURSUITS:

#### Positively Telling

Every day this week, when you and your child see each other for the first time, practice sharing something specific, honest, and positive about your day and/or what you think about them. Remind them that Honesty is sometimes about connecting positive thoughts to positive words!

Toughness: 1

Time: 3

Type: Partner

#### Chalk Talk

Draw a collaborative piece of art. You can use markers on paper, chalk on a sidewalk, paint on an easel, etc.. Bring to life a picture and/or words connected to Honesty. What does Honesty look like, sound like, feel like?

After you've completed your art, hang it somewhere in your home as a reminder to practice Honesty this month!

Toughness: 1

Time: 2

Type: Group

#### Honesty Pledge

Work together to create a family Honesty pledge. Ask each family member to sign the pledge and choose a spot on the fridge to post it. Refer back to the pledge as a reminder of the importance of being honest and use it to hold each other accountable.

Toughness: 1

Time: 2

Type: Group

#### Acting (It) Out

Share favorite stories that target Honesty. Maybe it's an Aesop's fable like The Boy Who Cried Wolf or the historical tale about George Washington cutting down the cherry tree. Maybe it's a book your child has read in school, or a story that you fondly remember from your childhood. Once you've all shared, take a vote on which one you'd like to bring to life on stage. Designate a space in the house or outside on the patio where you'd like to act it out, and work together to bring that story to life.

Toughness: 4

Time: 4

Type: Group