



Honesty

HONESTY means being truthful in thoughts, words and actions.

Activity 1

Discuss the meaning of **HONESTY** with your child. Emphasize that an honest person does not cheat, steal, or lie. Ask your child to explain what the phrase “Honesty is the Best Policy” means in his or her own words. Discuss the reasons why it can be hard to be honest when we do something wrong. (Don’t want to get in trouble, disappoint someone, etc.) Teach your child that when a mistake is made, it is important to be honest about what happened, sincerely apologize, try to right the wrong, and then try to do better the next time.

Activity 2

Play a game of “What If” with your child. Read the following “What If” scenarios and ask your child what he or she would do in each situation.

- What if you bought a candy bar and received too much change?
- What if your teacher asked for your homework and you didn’t do it?
- What if someone called on the phone that you didn’t want to speak to?
- What if you were not prepared for your test and felt you needed to cheat by copying your neighbor’s answers?

Reinforce the importance of choosing to be honest, even if it has negative consequences. Let your child know that even though making a good grade on a test is important, it is even more important that he or she is honest.

Activity 3

Ask your child if he or she agrees with following statement: *A half-truth is a whole lie.* Discuss why or why not. Explain how the following types of behavior can be dishonest: exaggerating, not telling the whole truth, twisting the truth so that you sound better, or insincere flattery. Make a commitment as a family to work on being honest in every situation.

Activity 4

Discuss with your child the statement by Mark Twain: *“If you tell the truth you don’t have to remember anything.”* Play the game “Two Truths and a Lie” by taking turns telling each other two things that are true and one that is not. Try to make your truths a little outlandish so that it will be tricky to tell which statement is the lie. Help your child realize the importance of being able to recognize when someone is telling the truth or not. Explain that it is unfortunate that not every one is honest. Let your child know that you expect honesty in all situations.

Activity 5

Discuss with your child what happens when “Kindness” and “Honesty” bump into each other? For example, what if your child is given a gift he or she doesn’t like. Kindness might say: “It’s perfect! I have always wanted this!” while Honesty would scream: “Yuck! I don’t like it!” Help your child learn ways to be honest while also being kind, by finding something positive to say without lying. For example, he or she might respond graciously to the scenario above by saying: “Thank you for remembering my birthday.”