

## Honesty Activities

### Two Truths and a Lie



#### **MATERIALS:**

- Pen or Pencil
- Paper
- A small prize for the winner(s) if so desired



#### **INTRO:**

“Two Truths and a Lie” is a game often played as an ice-breaker. The game is simple enough: everyone takes a turn sharing two true things about themselves along with one lie. The idea is to include truths that are hard to believe and a lie that seems believable—to keep people guessing. It’s a fun way to get to know one another. Even for members of the same family!

While obviously lying is not okay when we’re trying to get out of something or deceive someone, when we make up stuff in the context of play and pretend and everyone knows that’s what’s happening—ala in Two Truths and a Lie—it’s not only okay—it can be fun.

This game also teaches us something powerful: the *true* things we tell about ourselves help us get to know one another better. *Lying* to others about what we’ve done or who we are keeps us at a distance. It’s the true things we tell that help us make friends or get to know our family members better.



#### **GAME PLAY:**

Since family members already know lots about each other, you can play the game “regular” (that is, the choices are wide open) or you break the game down into different categories, such as:

- Favorite foods, books, TV shows
- Greatest fears
- Funniest moments
- Most embarrassing moments
- Proudest moments
- What you want to be when you grow up (or what you want to do when you retire!)
- Dream vacations
- Where you’d want to live
- Present wish list

Once you’ve decided what to include, ask everyone to think of their Two Truths and a Lie. Keep them quiet! Then, go around a circle and share your answers. Everyone writes down which answer they think is the LIE. Little kids can draw a picture if they can’t spell yet. Whoever spots the most lies, wins! Way to know each other!

# Truth Is Stranger than Fiction



## MATERIALS:

- Pen or Pencil
- Scissors



## INTRO:

Sometimes we're tempted to lie because we think our own lives are too boring. That no one will be interested! But people say "truth is stranger than fiction" for good reason! Our lives are all filled with interesting people, places, and things. We just need to be on the lookout.

This activity is designed to help your family do just that—to be intentional about noticing the wonderful and interesting and *true* things even in the everyday moments of life.



## GAME PLAY:

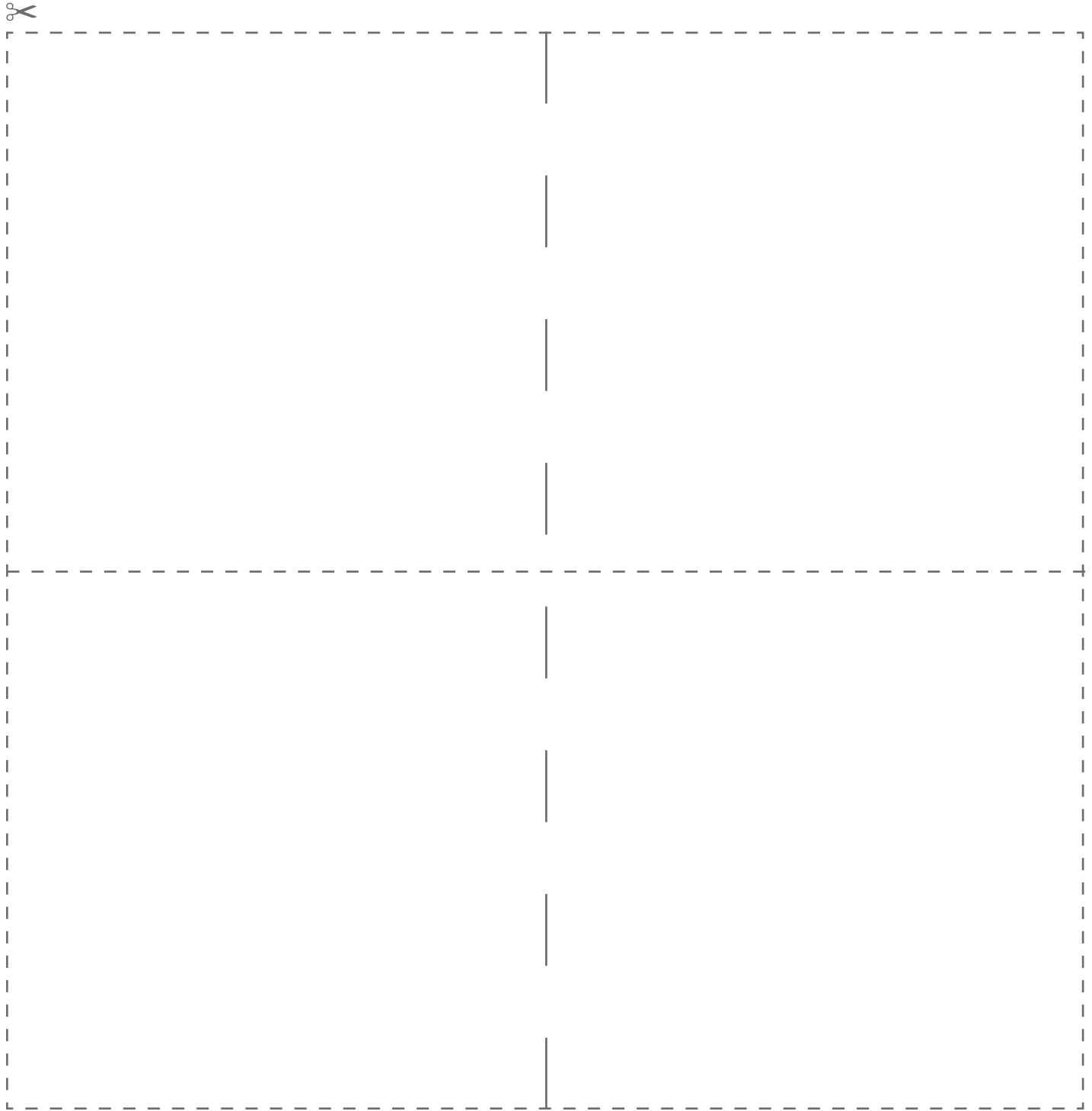
Choose a day—and a couple of hours within that day—when you can all commit to noticing together. It's extra fun if you're all together, but you don't have to be. During that time, keep your notebook and pen or pencil handy.

Point out things you find weird, wild, and interesting—and encourage your kids to do the same. Lead the way by showing how even "normal" things such a bird resting on a wire or a bicyclist pedaling down your street deserve a closer look. But be sure to notice the odd or unusual as well. Then, write—or draw—it down.

At the end of the day or the time period, share what you saw.

# Truth Is Stranger than Fiction Mini Notebook Template

Cut on the small dashed lines and fold down the middle on the long dashed line. When you are finished, staple the spreads together on the long dashed line to create a mini notebook.



# Hard Truths



## MATERIALS:

- Pen or pencil
- Scissors
- Hat or bowl
- Situation prompts (cut out)



## INTRO:

We know telling the truth is right. But that doesn't mean it's easy! As we've all experienced: the truth can be hard to tell. Especially when we fear that telling the truth will hurt another person or when telling the truth will get us into trouble.

What's a good person to do? We can help each other come up with good—and true—answers to hard questions and help each other practice saying them.



## GAME PLAY:

Choose a "situation prompt" from a hat or bowl (or write your own). Gather everyone together and have one person choose a situation. Then, all brainstorm responses. Some answers are hard because you might hurt someone. Others are hard because you'll get in trouble. Either way, they are all "hard truths." It's okay to start silly and laugh. But work to find a good and true answer or answers.



|   |  |
|---|--|
| Your aunt gives you an ugly, itchy sweater. Then she asks: "Do you like it?"  | The meanest kid in class invites you over to play.   |
| A friend invites you to stay for dinner, but the dad is a terrible cook. You hate what they make!   | Dad said no more cookies before dinner, but you sneak one anyway. He notices the bag of cookies is now empty and asks, "Did you eat one?"                              |
| Your mom needs help with a project outside. She asks if you'll come out to help when you're done with homework. You're already done. But you don't want to help. What will you say? | You had a bad day but you don't feel like talking about it. Your grandma asks how your day was.  |
| Your uncle makes you a bowl of his famous venison chili. You take a bite—and want to gag! When he asks how you like it, what do you say?  | You were invited to a party that another friend wasn't invited to. She asks what you're doing that night. You don't want to tell her about the party. What do you say? |

## Memory Verse Art Page



### **MATERIALS:**

- Crayons, markers, or colored pencils



### **INTRO:**

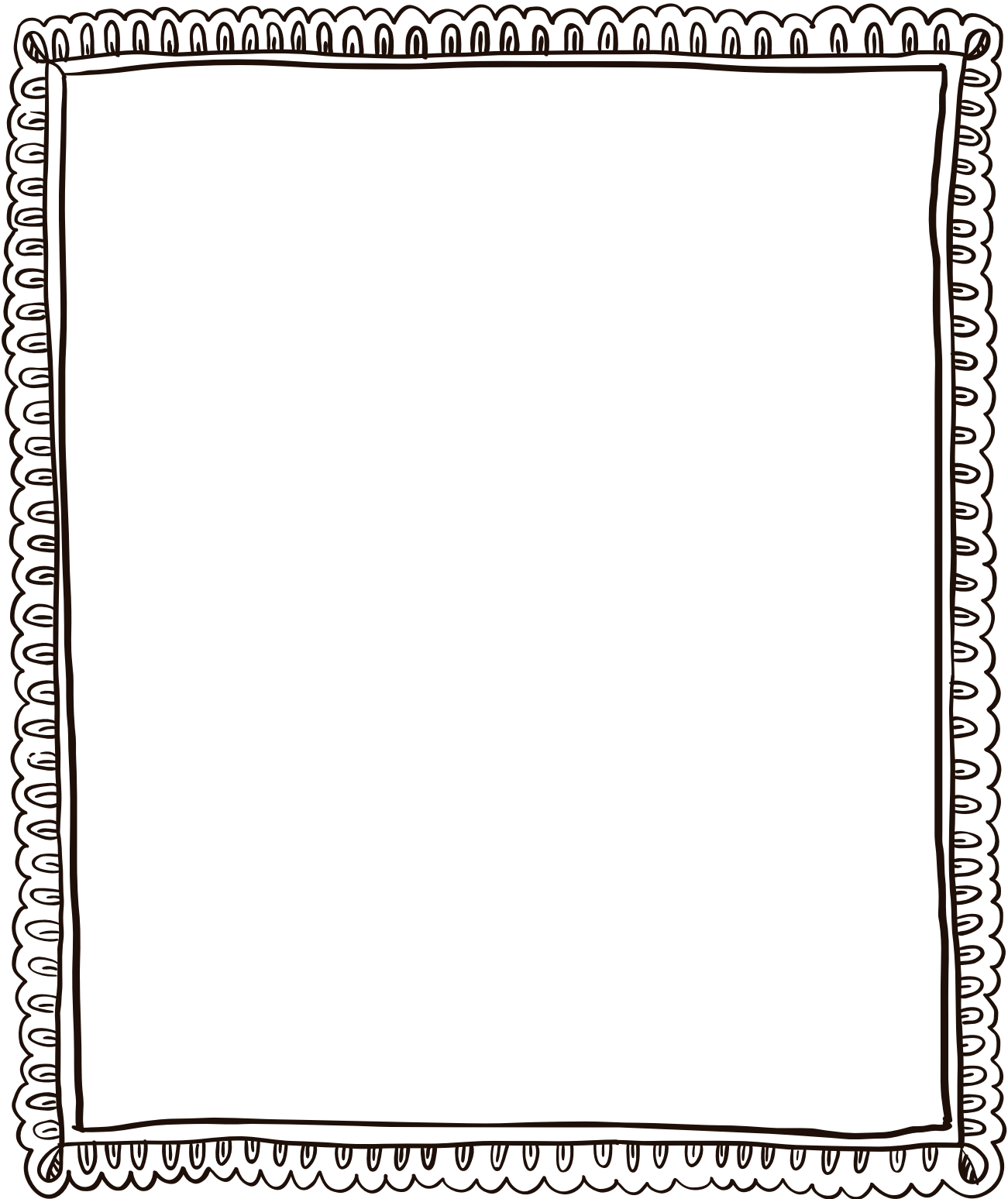
What better to learn what God desires for us than by studying Scripture? The Bible has a lot to say about speaking truth, but certain verses, such as 1 Peter 3:10, help us get better pictures of why that is.



### **ACTIVITY:**

Read through the verse on the next page about the benefits of saying nice and true things. Then, have each family member take a few minutes to imagine what a good day looks like. Each of you then draw or sketch a scene that depicts that good day.

Hang the pictures around the house to remind yourselves of the good things that happen when we tell the truth.



Those who desire life  
and desire to see good days,  
let them keep their tongues from evil  
and their lips from speaking deceit...

- 1 Peter 3:10 NRSV