



HONESTY

This month's ACES lessons will focus on Honesty. The definition we recite weekly is "living truthfully in your words, actions and thoughts" broken down simply into "doing the right thing all the time". The curriculum has a **Family Focus** section which I'd like to share with you.

Activities to Do

- Review Honesty as a family - discuss its importance. Make and decorate a family Honesty Pledge, have everyone sign it and hang somewhere everyone can refer to it.
- Honesty in Action! Fill a jar or glass with some water. Drop a quarter in the water and explain it represents a lie. Then allow them to try and "cover it up" by dropping pennies in to try and cover the quarter. It is a visual to discuss how hard it is to cover up a lie and being honest is easier.
- While driving down the road or during supper, discuss situations where honesty is important through real life or made-up scenarios. Some examples to get you started: a cup gets broken; pop is spilled in the car, someone colored on the wall.

Conversation Starters

- What emotions do you notice in your body when you are honest? What do you feel when you are not being honest?
- When being honest is hard, what are some things you can do to calm your body to do the right thing?
- Share a story about an act of honesty that changed or challenged you in your life and see if your children can relate.

Book Options

- Ruthie and the (Not So) Teeny Tiny Lie by Laura Rankin (preK-2)
- The Boy Who Cried Wolf by B.G. Hennessy (preK-2)
- The Empty Pot by Demi (3-5th)
- The Lunch Thief by Anne C. Bromley (3-5th)