

BEING HONEST WITH YOURSELF

SESSION A



Honesty is:

- * Speaking the truth.
- * Refusing to cheat or take something that does not belong to you.
- * Admitting your mistakes.
- * Being true to yourself.
- * Knowing why you are acting in a certain way and whether what you tell yourself is true.

Important Phrase:

- * Honesty is the best policy.

LEARNING OBJECTIVES:

**Children recognise the 'voice of conscience'.
They know how to make an honest choice.**

Suggested Resources:

Writing paper and pencils/pens.

Script:

Set out this scenario to children: "Your dad has asked you not to play on the i-pad. You hide in your bedroom to play it, but you do not tell your dad about it, so you have not lied. Is this the right thing to do? Why is it wrong? Are there any consequences?" Ask children to discuss their answers in pairs before feeding back to the class.

Explain to children that doing something you are supposed to do feels much better than doing something you know you are not supposed to do, even if no-one sees you do it. Feeling bad about making the wrong choice is no fun at all.

"We have to remember that when we are faced with making a choice that doesn't feel right, we should think about how good we will feel if we do the right thing instead. Then we can feel proud of ourselves! The little voice in our head telling us to do the right thing is called our conscience. Our conscience helps us to decide to do the right thing."

Suggested Activities:

Children think of a time when they have been faced with making a choice between the right and wrong way to go about something as inspiration for a story. They can use made up characters, but must focus on the main character having to make a choice between the right and wrong way to do something. Children will have an opportunity to finish and read their stories to small groups in the next lesson.





Character Coaching

Meaningful Praise:

Thank you for being honest.

Thank you for admitting what you did, I appreciate your honesty.

Guidance:

Remember that being honest is very important because it helps people to know that you can be trusted.

Correction:

How could you use honesty next time this happens?

I need someone to practise honesty so that I know what really happened.

I was saddened that you did not practise honesty today. What will you do differently next time?

Please practise honesty.

