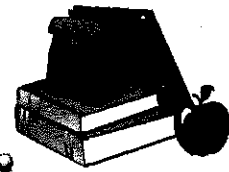


Honesty



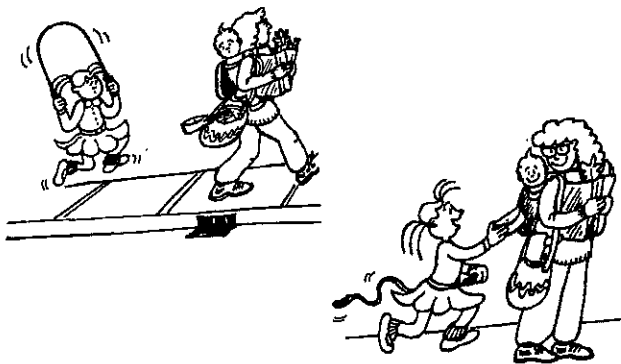
What is Honesty?

Being honest is being open, trustworthy and truthful. When people are honest, they can be relied on not to lie, cheat, or steal. Honesty is telling the truth. It is admitting mistakes even when you know someone might be angry or disappointed. Being honest means that you don't pretend to be something you are not. With honesty, you can trust things to be as they appear.



Why Practice It?

Honesty is important because it builds trust. When people lie, or cover up mistakes, others can't trust them. When people aren't honest with themselves, they pretend that something doesn't matter when it does or they exaggerate to impress others. When you are honest with yourself, you accept yourself as you are. When you are honest, others can believe you.



What would Honesty look like If...

- You broke one of your mother's favorite things by accident and are afraid she will be mad?
- You find yourself exaggerating about how well you did in sports?
- Your sister asks you if a new dress looks good on her and you think it doesn't?
- You say something cruel to someone and later tell yourself he deserved it?
- You forgot to do your homework and the teacher asks where it is?
- Some friends try to convince you to steal candy from a store?

Signs of Success

Congratulations! You are practicing Honesty when you...

- Say what you mean and mean what you say
- Make promises you can keep
- Admit your mistakes
- Refuse to lie, cheat, or steal
- Tell the truth tactfully
- Are true to yourself and do what you know is right

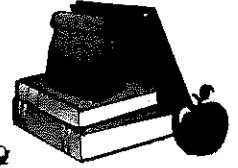
How Do You Practice It?

When you are honest, you don't try to fool yourself or others. You say what you mean and mean what you say. You only make promises you can keep. Be trustworthy in all your dealings, refusing to lie or cheat. Admit your mistakes and fix them. Be honest with yourself and you will be honest with others. You don't need to make things up to look good – you're already good – honest!

Affirmation

I am honest. I can be trusted to keep my word. I admit my mistakes. I tell the truth, kindly and tactfully. I have no need to impress others. I accept myself as I am.

Activities with Honesty



Role Play

Have a role play of a pie salesperson trying to make a big impression, making big claims for what is for sale, and how people react. Then have a role play of the same person describing what is for sale with honesty.

Virtues Sharing Circle

With a partner share a time you did not practice honesty and how it felt and a time you did practice honesty and how it felt. Give each other virtues acknowledgments when you are finished. "I see your (virtue) in the way you (action or behavior)."

Story

Read a story about "Honest Abe" Lincoln and how his simple honesty won people's admiration and respect.



Virtues Reflection Questions

- ❑ When is it the most difficult to be honest?
- ❑ Name a time you practiced honesty.
- ❑ How do you feel when someone exaggerates?
- ❑ Why do we want to impress others by exaggerating?
- ❑ What would it feel like to always tell the truth and keep our word?
- ❑ How does honesty help friendship to grow strong?
- ❑ Why is it important to be honest?



Drawing Honesty

Draw an example of someone practicing honesty.



Poster Points

- ❑ Honest!
- ❑ Nothing but the truth.
- ❑ What you see is what you get.



Quotable Quotes

"Every man takes care that his neighbor shall not cheat him. But a day comes when he begins to care that he does not cheat his neighbor. Then all goes well."

Ralph Waldo Emerson

"If each before his own door swept, the village would be clean."

Scottish proverb

"Fine words and an insinuating appearance are seldom associated with true virtue."

Confucius

"Honesty is contagious, just like dishonesty is contagious. We need more honesty in the world." Anne Wilson Schaefer

"To dream of the person you would like to be is to waste the person you are." Anonymous