



Truths & Lies

LESSON

LEARNING & DEVELOPMENT OUTCOME

Participants will display curiosity and seek opportunities to learn about each other through a game of two truths and a lie.

MATERIALS

Sticky notes, writing utensils, worksheet (optional)

AGE ADJUSTMENTS

This lesson is appropriate for all ages.

Lesson Plan

Introducing the Lesson

- Ask participants to silently think of times they have told the truth and times they have told a lie.
- Have them also think about what types of emotions each of those situations elicited and how their body reacted to each.
- After you've provided a few seconds for participants to think about their answer, ask a few participants to share why emotional and physical reactions are different when telling the truth and telling a lie.

Experiencing the Lesson

- Use your best judgement about what is best for your group and put participants in pairs, trios, or small groups.
- Have each group decide the order in which they will go in.
- Say to the entire group: "In the order you chose, each of you have one minute to share and explain something that is true. It can be personal or not."
 - Keep time and alert the groups when to move to the next person. Continue so everyone has a chance to share.
- Next, say to the entire group: "In the same order, now you each have one minute to share and explain something that is NOT true. Meaning, you have to make up something. It can be personal or not."

Closing the Lesson

- Debrief the experience. Focus the discussion on the actual ways our bodies respond to telling the truth and lying. Make sure to close with a positive statement about the benefits of being honest. Ensure that you are monitoring and re-focusing the conversation if it becomes inappropriate or focused on the benefits of lying.

After the Lesson

- Check in with any participants that you noticed had a hard time with this lesson.



Do I have them share everything?

"The first two steps of introducing the lesson are to be done silently. This is so participants can be honest without feeling bad about a situation or that they will be judged or hurt someone's feelings if they share. Assure participants that they will NOT have to share out the examples they think of."



Further Exploration



- Set up this session just like the original lesson above. Except provide index cards and writing utensils to each participant. They will need one index card for every person in their pair, trio, or small group.
- Put participants in pairs, trios, or small groups and decide what order they will go in.
- Have participants write the name of one person on each index card, leaving room to write notes on the card. Let them know that they will be sharing this card with the person so to write appropriately.
- Repeat the same prompts. Except this time:
 - Start with everyone telling the thing that is NOT true first.
 - After each participant shares their one thing, give the groups one to two minutes of silent working time to write the following on one side of the card with this person's name on it:
 - Describe the person's posture and what they did with their arms/hands
 - Describe what the person did with their eyes
 - Describe the person's voice (eg. their tone, their pitch, their speed, etc)
 - Repeat the same process for each person.
- If you have time, continue with the group sharing something that IS true. Repeat the reflection process on the other side of the card.
- To close this process, allow participants to control their own receiving of feedback. Each person will get to their group to share, one thing of their choice, about what they observed. For example: *"Will you all please tell me how my voice sounded differently?"*

Get Creative

- Explore the activity, Two Truths and a Lie.

Online

- This lesson will be different online as you will not have the opportunity to walk around the room to monitor or visually be able to see everyone at one time. If you are worried about this, keep everyone in the main room instead of utilizing breakout rooms.
- If you do not choose to use breakout rooms, you can either continue with the lesson as written, or ask the participants to share their truths and lies in the chat. This provides an opportunity to discuss if there is a difference in how you feel when you say truths or lies outloud versus writing them.
- If you do choose to use breakout rooms, make sure you drop in to each one to see how groups are doing and to remind about appropriate behavior if needed. If you have enough facilitators, assign one to each breakout room so you do not have to jump to each.

