

Pepper, Soap, and Sugar

This lesson focuses on the importance of being honest and what happens to our friendships when we choose to lie. Students will conduct a science experiment with pepper, soap, and sugar to illustrate fibs and the effect honesty and lies have on relationships.

Integrity Sub-Concept(s)

Kindness

Lesson Timeframe

45 minutes

Required Materials

- ❑ 1 large bowl with water per group of students
- ❑ 1 jar Black Pepper per group
- ❑ 1 bar of soap per group
- ❑ 1 small cup of sugar per group

Standards Map

This lesson aligns with CASEL Competencies, National Health Education Standards, and Common Core State Standards. Please refer to the [Standards Map](#) for more information.

Lesson Objective

Students will:

- Demonstrate an understanding around the concept of honesty and why it's important to always tell the truth.
- Practice being honest, especially after telling a lie.

Teacher Connection/Self-Care

Students come from all different home situations. Remember- you cannot control that. All you can do is show up, be present and follow through on your words. Your integrity lays a foundation.

Tips for Diverse Learners

- Group students heterogeneously so that different physical abilities and language abilities are together

**Share**

5-7 minutes

Play telephone. Have a volunteer tell the teacher one true sentence about themselves. (Example- "I live in an apartment." or I have a brother". The teacher will write down the sentence before playing the game.

- Have your class sit in a large circle on the floor (or in chairs if space is limited)
- Starting with the teacher, whisper the sentence into the person's ear sitting on your right hand side.
- Continue until the sentence has been passed all the way around the circle.
- At the end, have the last person say the sentence they heard aloud to the group.

It is important to always be honest in your words and actions. If you hear something that doesn't sound right or doesn't make sense, ask questions.



Inspire

20 minutes

Honesty is the best policy, but sometimes we are scared to tell the truth. We know that we broke a rule and we don't want to get in trouble. We've gotten in trouble before and the consequences definitely aren't fun. Maybe we've been grounded, or lost something fun like a video game or tablet. Let's review:

Ask:

- What should we do right after we break a rule?

Yes, telling the truth right away is always the best option. No one gets hurt and others know they can trust you. However, sometimes we choose to lie instead. Often, one lie turns into many and it can be much harder to be honest after all those lies.



Empower

10-15 minutes

Divide the class into groups of 3-4. Provide each group with the following:

- Bowl filled with water
- Bar of Soap
- Jar of Black Pepper
- Small cup of sugar

Ask students to share examples of lies that people might tell to sound cool around their friends. Every time someone shares a lie, every group should shake some pepper into their bowl.

Repeat this 3-4 times. If the examples are not appropriate, redirect the students or use the following:

- I'm so smart, I always get 100% on every math test.
- I never fall off the monkey bars at recess. It's so easy.
- My parents buy me whatever I want. I can't believe you guys have to wait.

Ask students how the lies might make their friends feel. Remind them that people don't want to be around someone that lies to make themselves feel better while making others feel worse.

Explain that the pepper in the water represents a person's friends. Now, have a volunteer in each group put the tip of the bar of soap in the water. The bar of soap represents the lies told.

Ask:

- What happened to their friends when that person told all those lies?
 - *Yes, they scattered away. People don't want to hang out with someone that lies and makes them feel bad.*

But remember, it's never too late to tell the truth. Let's see what happens after that person apologizes for their lies.

Have a volunteer in each group add sugar to represent apologizing.

Ask:

- What happened when we added the sugar?
 - *Yes, the pepper went with the sugar!*

When we apologize, most of our friends are willing to hang out with us again. Remember, it's never too late to tell the truth.



Reflect

5-7 minutes

Ask students the following questions

- What did the pepper represent?
- What did the soap represent?
- What did the sugar represent?

Remember, honesty is the best policy. There may be times when you tell a fib, or even maybe a bunch of fibs...but it is NEVER too late to tell the truth.



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AS A RECOMMENDED
PROGRAM FOR SOCIAL
AND EMOTIONAL
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The Collaborative for Academic, Social, and Emotional Learning (CASEL) has been reviewing evidence-based SEL programs since 2003. Kindness in the Classroom® meets CASEL's SElect Program and is included in the CASEL Guide to Effective Social and Emotional Learning Programs.

Kindness in the Classroom® met or exceeded all of CASEL's criteria for high-quality SEL programming. Kindness in the Classroom® received CASEL's highest designation for high-quality SEL programming.

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