

# White Lie to Kind Truth

KINDNESS BEYOND THE CLASSROOM™  
SMALL GROUP • OPTION 1 • INTEGRITY

## Lesson Timeframe

25-30 mins

## Materials

- ☐ White Lie to Kind Truth
- ☐ Integrity poster (optional)



## Share

Define integrity: INTEGRITY IS ACTING IN A WAY THAT YOU KNOW TO BE RIGHT AND KIND IN ALL SITUATIONS. (Show the Integrity poster if desired.) Discuss the importance of not only doing what is RIGHT, but also what is KIND. Ask the following questions:

- Think of a time when you were honest, but you didn't choose kind words. How did the other person react?
- How can we make sure we are kind with our words? (Think before we speak, etc.)

Aim for 2-3 volunteers of varying ages.



## Inspire

Discuss the concept of a “white lie”. White lies are little lies we tell to avoid getting in trouble, hurting someone’s feelings, or having to tell someone something about themselves that might be difficult to hear. Today we are going to focus on white lies that people often feel are “kind”; however, any type of dishonesty is actually not kind as we are not using integrity!

Have you ever had someone ask you about a new haircut or outfit and you didn't really like it, but you found yourself telling a white lie so you didn't hurt their feelings? Many of us have done this before, and our intentions are to be kind and avoid hurting their feelings. However, it is important that our words and actions always reflect what we know to be right and kind. White lies are never right or kind as they are untrue.

Today we will work in small groups to practice turning these white lies into kind truths.



## Empower

Divide your group into smaller groups of 10-12 students of varying ages. If possible, include one adult and/or worker within each group to help guide the discussion. Have each group review the white lies on the following page and help them change them to kind truths. Fill out the chart as you work through the scenarios. Finish as many as you can in 10 minutes.

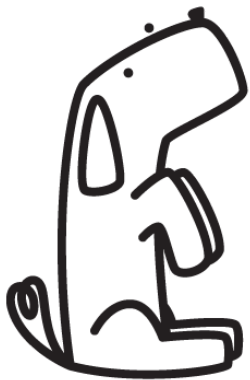
Review 1-2 scenarios from the worksheet as a whole group. What ideas did each group have?



## Reflect

Guide a discussion on INTEGRITY and white lies.

- What is a white lie?
- Why should we avoid telling a white lie, even when we use it to avoid hurting someone's feelings?
- How can you practice integrity and honesty when someone asks you whether or not you like something?



# White Lie to Kind Truth

Situation	White Lie	Kind Truth
Your friend gets a haircut. He asks you what you think. You don't really like it.	I really like your haircut!	<b>Example:</b> Wow, look at your hair! It's so different/shorter/longer, etc.
You are invited to a playdate and can't come because you were already invited to someone else's house. You don't want to hurt your friend's feelings.	My mom won't let me come over; sorry.	
You got all the answers correct on your math test. Your classmate missed some and is sad.	Don't feel bad; I didn't do so well myself.	
Your mom asks you if you finished your homework. You actually forgot it at school.	I'm all finished mom!	