

## Teacher's Handbook: Truth Telling

### Material required:

- Truth Telling video,
- A copy of the student's journal for each student (copied below),
- For homework: Access to [www.projectonesky.com](http://www.projectonesky.com)

*N.B. The student most likely to need a moment's movement should hand out copies of the student's journal to each team*

1. Assign students into the usual teams of 2 (or 3); team member A, and team member B. These teams should be maintained for the duration of the course. In this way, each learning partner will take responsibility for both his/her learning as well as the learning of their partner.
2. Each team mate should have a copy of the student journal template (below).
3. Before the video begins, each member will have a different higher order question to watch out for:

H.O. question, member A:      What do you think is the greatest benefit to the speaker of always speaking the truth?

H.O. question, member B:      What is most impressive about the speaker?

H.O. question, member C:      What reason did you like most from the video?

*The student journal is provided with space for them to take notes throughout the video. A separate section is provided at the end to answer these questions, after the video has been played.*

4. Press play, and **pause the video at 4:27 minutes.**
5. During first pause, the students play "two truths and a lie" – they have four tasks:
  - *Each writes down 3 facts about themselves, two that are true and one an untruth.*
  - *Member A tells each 'fact' to member B, who guesses which is an untruth and marks it on the worksheet.*
  - *The roles are reversed and the exercise repeated.*
  - *Finally, each member reveals the untruth to reveal if their teammate was correct.*
6. After enough time has been given (~5 minutes), press play again, and **pause the video at 6:59 minutes.**
7. During the second pause, the students are asked a single question.

Why do you think it's important for your wellbeing to develop character?

The hints they are given are:

*Important character traits include honesty, courage, integrity.*

*Some typical answers include: I want to be a leader, I want to be able to help others, I want to be successful, and trustworthy*

The purpose of this question is to develop a conversation about what it is to have character, and what the students' character is.

**Teacher's hint:** The first mention of character was mentioned in the workshop on conscious breathing, where cold water submersion was shown to be a tool to develop courage and resolve.

8. After enough time has been given (~5 minutes), press play again, and **pause the video at 8:32 minutes.**
9. As in the previous questions, both members should fill out their own answer to the question, followed by consultation with their partner, and fill out their partner's answer.

Question 3: Write down a list of your top 3 reasons to always speak the truth.

These reasons should be listed with the most important reason in first position. Some examples are given on the student journal.

10. Press play again, and **pause the video at 14:36 mins.**

Question 4: How many days truth streak do you think you and your teammate can achieve? (max. 7)

11. **Final Pause: Pause the video at 15:30 minutes.** Here the students are asked to formalize the notes they took throughout the video, to answer the higher order question.
12. If time remains at the end of class, they may fill out the blanks in the lesson summary at the bottom of page 2. A summary is given towards the end of the video.
13. The final reflection, at the bottom of page 2, helps them to reflect on their teamwork together, an important part of the team building exercise.

Team Name: \_\_\_\_\_

## Student's Journal

Team member (circle where appropriate): A /B

Q	Questions	Notes (Use this area to take notes throughout the video. There will be space at the end for your official answer)	
	<p><i>Higher Order Question</i>  <b>Team member A:</b> What do you think is the greatest benefit the speaker gets from speaking the truth?  <b>Team member B:</b> What is most impressive about the speaker?                      (answer at the end of the video/bottom of next page)</p>		
1	<p><b>Telling Lies</b></p> <ol style="list-style-type: none"> <li>Write down 3 facts about yourself, two that are true and one an untruth.</li> <li>Team member B begins by telling and member A listens. Read all three to your team-mate.</li> <li>Reverse roles and repeat.</li> <li>Reveal the untruth to see if your team-mate guessed correctly.</li> </ol>	<p>(Fill this out at the first pause)</p> <p><b>My facts:</b></p> <ol style="list-style-type: none"> <li>_____</li> <li>_____</li> <li>_____</li> </ol> <p>(Fill out below after all 6 facts have been told)</p> <p><b>My teammate's guess: (circle)</b>    1 2 3</p> <p><b>The actual lie was:</b>                    1 2 3</p>	<p>(Fill this out at the first pause)</p> <p><b>My teammate's facts:</b></p> <ol style="list-style-type: none"> <li>_____</li> <li>_____</li> <li>_____</li> </ol> <p>(Fill out below after all 6 facts have been told)</p> <p><b>My guess: (circle)</b>                    1 2 3</p> <p><b>The actual lie was:</b>                    1 2 3</p>
2	<p><b>Why do you think it's important for your wellbeing to develop character?</b>  <i>Important character traits include honesty, courage, integrity.</i>                      Some typical answers include: I want to be a leader, I want to be able to help others, I want to be successful, and trustworthy</p>	<p>(Fill this out at the second pause)</p> <p><b>My answer:</b></p>	<p>(Fill this out at the second pause)</p> <p><b>My teammate's answer:</b></p>

3	<p>Write down a list of your top 3 reasons to always speak the truth</p> <p>Write down the most important reason in position 1</p> <p>Some reasons include::</p> <p>Reputation, snowball effect, stress, less to remember, you can rely on yourself more, others can rely on you, if you know the truth you can deal with the issue, you become what you practice</p>	<p>(Fill this out at the third pause)</p> <p><b>My answer:</b></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p>	<p>(Fill this out at the third pause)</p> <p><b>My teammate's answer:</b></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p>
4	<p>How many days truth streak do you think you and your teammate can achieve? (max. 7)</p> <p>Check in daily to see if you both have told the truth,, via you're preferred choice of communication.</p> <p>Remember to tell the truth about telling the truth!</p> <p>Communication method can include: meet at lunch each day, Snapchat, Instagram etc.</p>	<p>(Fill this out at the fourth pause)</p> <p><b>My answer:</b></p> <p>How many days I think I will achieve: _____</p> <p>How many days my teammate will achieve: _____</p> <p>Communication method: _____</p>	<p>(Fill this out at the fourth pause)</p> <p><b>My teammate's answer:</b></p> <p>How many days I think I will achieve: _____</p> <p>How many days my teammate will achieve: _____</p> <p>Communication method: _____</p>
HO	<p><b>Team member A:</b> What do you think is the greatest benefit the speaker gets from speaking the truth?</p> <p><b>Team member B:</b> What is most impressive about the speaker?</p>	<p>(Fill this out at the end of the video)</p> <p><b>My answer:</b></p>	<p>(Fill this out at the end of the video)</p> <p><b>My teammate's answer:</b></p>

Lesson Summary:

Reasons to always tell the truth:

1. Increase your r \_\_\_\_\_ 2. S \_\_\_\_\_ Effect: Lies need to be covered up with more lies 3. Lying is s \_\_\_\_\_ 4. You can r \_\_\_\_\_ on yourself more

PRO Tips:

1. Be k \_\_\_\_\_ 2. Use s \_\_\_\_\_ 3. Avoid e \_\_\_\_\_ 4. Avoid g \_\_\_\_\_ 5. Tell people about your c \_\_\_\_\_.

Final reflection: Do you think you'll be able to help your teammate with their commitment for the week? \_\_\_\_\_