



Truthfulness: Getting Started

Inspiring Words

I hope that thou wilt acquit thyself well in this most important of tasks, and successfully carry the day, and become an ensign of God's abounding grace; that these children, reared one and all in the holy Teachings, will develop natures like unto the sweet airs that blow across the gardens of the All-Glorious, and will waft their fragrance around the world.

(Abdu'l-Baha, Selections from the Writings of Abdu'l-Baha, p. 133)

Printables

Page 1: Spiritual Treasure Box Projects
Page 2: Devotional
Page 3: Booklet
Page 4: Radiant Hearts Book Template
Page 5: Monthly Letter Template
Page 6: Daily Activity #13
Page 7: Daily Activity #16
Page 8: Daily Activity #19

See the "Printable" document for these pages.

Questions to Consider

How do I currently model Truthfulness?

What are ways I would like to model Truthfulness better?

How does my child currently exhibit Truthfulness?

What aspects of showing Truthfulness can I help my child work on?



Truthfulness: Foundation

Prayer

O Thou kind Lord! I am a little child, exalt me by admitting me to the kingdom. I am earthly, make me heavenly; I am of the world below, let me belong to the realm above; gloomy, suffer me to become radiant; material, make me spiritual, and grant that I may manifest Thine infinite bounties. Thou art the Powerful, the All-Loving.

(‘Abdu’l-Bahá, Baha’i Prayers, p. 35)

Truthfulness

Quotation

Beautify your tongues, O people, with truthfulness, and adorn your souls with the ornament of honesty.

(Baha'u'llah, Gleanings from the Writings of Baha'u'llah, p. 296)

Truthfulness

Introduction to the Virtue

Truthfulness is speaking and acting with truth. You do not lie about anything, big or small, even if it may be hard to tell the truth at times. When you are true to yourself, you show people your true self and share what is true to your heart. You see things through your own eyes and investigate truth for yourself.

How can you show Truthfulness in your home?

In what ways do you show Truthfulness to your friends?

How do you feel when someone does not act with Truthfulness?

Truthfulness

Songs

Truthfulness

(Nabil H., *Virtues In Us* #24)

I tell the truth, I'm glad that I do.
I tell the truth, it's the right thing to do.
I tell the truth, it's my favorite virtue.
I always say what's true, true, true.

Truthfulness

Good Character

(*The Family Learning House Kindergarten* #23)

Good character
Is doing the right thing
At the right time
And for the right reason

Truthfulness

Truthfulness: Daily Activities

Activities for Every Month

1. Spiritual Treasure Box project (prayer).	2. Assemble the booklet.	3. Make a Monthly Letter.
4. Spiritual Treasure Box (quotation).	5. Make Radiant Hearts Book page.	6. Add a jewel to the Crown of Virtues.

Games and Role Plays

<p>7. "Today we're going play Truth Tellers." Sit at a table and put an object in the middle, for example a teddy bear. Take turns describing the object. Notice how everyone says something a bit different, such as "It is soft," "It is brown," "It has a red bow," "I like to play with it." Listening to only one description does not totally describe the entire truth of the object. Telling the truth requires explanation and questioning to get a clear picture of what is really true. Truthfulness</p>
<p>8. "Today we're going to practice being truthful about ourselves." Practice being confident talking with others and sharing truths. Take turns asking your name, age, favorite foods, and what you like to do. We do not need to be shy about sharing the truth and should feel good about who we are and what we think. Truthfulness</p>
<p>9. "Today we're going to learn about what it means to be true to ourselves." Ask your child some "yes or no" questions (there are some examples on the Online Lesson). Explain how their answers are truthful. Share how your answers may be different and also truthful. We are all different and can change too. We should be true to ourselves but understand we can learn from other peoples' truths as well. Truthfulness</p>
<p>10. "Today we're going to go on a walk to discover some truths." Take a walk outside and list as many truths as you can find. For example, the sun is bright, the grass is green, or the birds are singing. Investigating the truth means learning about things yourself and not just listening to what other people say about something. We can learn lots by observing things around us. Discovering truth is fun! Truthfulness</p>
<p>11. "Today we're going to learn the importance of telling the truth." Have a puppet exaggerate about several things, such as saying they are as big as a mountain or that they can eat 10 whole bananas. Talk about how you will lose trust in someone if they are not truthful, one reason why we should always tell the truth. Truthfulness</p>
<p>12. "Today we're going to be storytellers and talk about how some things we hear about are not actually true, but only stories." Deciphering truth from fantasy can be tricky, especially things we see on TV. Make up a fantastic story with your child about things that could not be true (such as flying, living in the clouds, or meeting animals that talk). These stories are fun, but they are not reality (what is true in the real world). Some things we see (such as shows with cartoon characters) or hear about (like fairies or monsters) are not actually true but made-up stories. Truthfulness</p>

Truthfulness: Daily Activities (continued)

Creative Arts

<p>13. "Today we're going to draw some pictures to help us learn about absolute truth." Illustrate page 6 of the Printables and discuss the concept of absolute truth versus personal truth. There are some things in the world which may be different to different people (these truths are personal and can change), and some truths (absolute truths) which are true no matter what and never change. Truthfulness</p>
<p>14. "Today we're going to learn about how the truth can be surprising by cooking a special recipe." Sometimes we are surprised by the truth, and may even not believe something the first time we hear it. This is why we should always investigate truth for ourselves and try hard to learn what is really true. Choose a recipe from the Online Lesson, which has one ingredient you wouldn't expect inside. Truthfulness</p>
<p>15. "Today we're going to make a Truthfulness Treat." Arrange some slices of fruit, toast fingers, or dried fruit and nuts in the shape of a "T" to enjoy together. Truthfulness</p>
<p>16. "Today we're going to play a game called True and False to learn about investigating truth for ourselves." Print out page 7 of the Printables and make two signs. Teach your child which is "true" and "false" and what they mean. Now tell your child things that might be true or untrue while they hold up the correct sign. This game reminds us that we can use our own knowledge to decide what's true, but sometimes we need to ask for help and learn new things to discover truth. Truthfulness</p>
<p>17. "Today we're going to learn about how we can sometimes be nervous about telling the truth, but that parents are proud when children are truthful." Draw three boxes. First with a child breaking something and feeling nervous. Second how the child told the truth and how the parent reacted. Third how the parent helped the child fix what they broke or make up for it. Even if it's hard to tell the truth, it is best. Truthfulness</p>
<p>18. "Today we're going to learn a sign to remind us about Truthfulness." Create a hand sign for Truthfulness in your family. An example is on the Online Lesson. When you believe someone needs to retell something in a more truthful way, use the sign to ask them nonverbally which can be less intimidating than words. Truthfulness</p>
<p>19. "Today we're going to help some friends tell the truth even when it's a bit hard." Telling the truth can be scary if you think someone will not like what you say. It's important for us to remember that everyone makes mistakes, and we all get along better if we are honest and work through problems together. Cut out the cards from page 8 of the Printables and help the children tell the truth in the situation described. Paste the pictures on a page with the words "I will choose to be truthful." Truthfulness</p>

Visit the Online Lesson where you can see example photos of the daily activities, listen to the songs, and download the "Printables" document for this lesson:

<http://www.enablemetogrow.com/truthfulness/>