



*Learning Intention: to know the importance of telling the truth*

*Key Words: believe, confessed, confirmation, co-operation, expressively, glee, glum, lies, damage, mischievous, scythes, shorn, truth, wailed*

## **QUOTATION/THEME FOR THE WEEK**

### **ALWAYS TELL THE TRUTH**

Discuss the reasons for telling the truth and what may make it seem difficult sometimes.

## **SILENT SITTING**

*In the lesson plans, the Silent Sitting exercise is near the beginning before the story, but it can be practised at any time during the lesson, as the teacher feels appropriate and taking the children's age and ability into consideration.*

*Step 1:* Firstly, sit in a comfortable position on your chairs, or cross legged on the floor. Make sure your back is straight and head is upright. Take a deep breath and relax as you breathe out.

Take another deep breath ... and another ...

*Step 5:* Imagine you are in the park on a lovely summer day ...

The sun is shining and you feel happy ...

A ball comes through the air and lands under a bush close by you.

It is similar but not the same as a ball which you lost last week.

Then a girl runs over and asks if you have seen a ball anywhere ...

Will you keep the ball, or will you tell the truth ...

You point to the bush ...

You both run to the bush and you find the ball and give it to her ...

She is happy ...

You are happy you told the truth.

*Step 6:* Now bring your attention back to the classroom, open your eyes and stretch, as the exercise has finished. Smile at the person next to you.

How do you feel?

## **ALTERNATIVE EXERCISE**

*Step 1:* Firstly, sit in a comfortable position on your chairs, or cross legged on the floor. Make sure your back is straight and head is upright. Take a deep breath and relax as you breathe out.

Take another deep breath ... and another ...

*Step 5:* Think, I will say what is true. I will keep myself happy by always telling the truth.

*Step 6:* Now bring your attention back to the classroom, open your eyes and stretch, as the exercise has finished. Smile at the person next to you.

How do you feel?

## STORY TELLING

### TAMMY'S TUMMY ACHE

*by Winifred Matthews*

"Mummy, I can't go to school today. I've got tummy ache," said Tammy looking glum, her hand clutching her tummy in confirmation.

"Tammy, you had tummy ache last Monday as well and for just such a short time. As soon as I said you could stay off school, it was gone and you wanted to go out and play. Don't you think it will soon go if you go to school?"

"But Mummy, it's worse than last Monday. It is all round here." Tammy rubbed the spot she was clutching expressively. "And I won't be able to stand up and read. Why do we have to go to school anyway? Danny doesn't go on Mondays because he always has tummy ache, so his Mum doesn't send him."



"So! You do reading on a Monday then?" replied her mother, smiling down at her. "Yes, but if my tummy hurts, I can't read," wailed Tammy.

"Has Danny *really* got tummy ache?" asked her mother.

"No," confessed Tammy, going a bit red in the face.

"Have you really got tummy ache?" asked her mother gently.

"Not really, Mum. But I don't want to go to school." Tammy looked at her miserably.

"Why?" asked her mother, simply.

"I don't like reading," Tammy admitted, looking down at her feet.

"Oh! I see. Tammy you must always speak the truth. Never tell lies. It is not right."

“Why?” asked Tammy.

“It doesn’t help to make things right. Telling the truth is how you make things right,” her mother explained.

“Yes Mummy, if you tell lies, people will find out and they won’t believe you, even when you tell the truth afterwards,” replied Tammy, a bit brighter.

“You remember the story about the boy who cried wolf, from the book of Aesop’s Fables, and when he needed help, people just thought he was playing around and telling lies?”

“No Mummy. I don’t think you’ve told me that one. What is it?” Tammy looked up at her mother hoping to hear a story. And her mother began.

... ..

Once upon a time, long ago, in a small village nestling among the hills lived a young boy. The villagers grew fruit and vegetables to eat on the small plots of land behind their cottages, and corn in the big fields around the village, which they ground into flour to make bread. They also kept sheep which gave them milk to drink and valuable wool for clothing. The sheep’s woolly coats were shorn every spring and spun into thread. It was then washed, dyed and woven into cloth for the villagers’ winter clothes.

One year, after a particularly hot summer, the grass on the lower slopes of the hillside was all eaten, so the sheep needed to be taken to graze further up the hill. As the farmers were busy getting in the harvest, they asked the young boy to take the sheep up the hillside outside the village. Everybody in the village knew each other and helped each other because they knew that co-operation made life easier for everyone. So the boy took the sheep up the hillside to graze and as it was the first time he had been up the hillside alone, he soon began to get a bit lonely.

He was a mischievous boy who used to like to have fun and sometimes he played practical jokes on his older brothers. He had not yet learnt that although it is a good thing to have a sense of humour and enjoy laughing and making others laugh, it is not a good thing to laugh *at* someone else.

As the day drew on and the sun began to set, he began to feel even more lonely. Then an idea for a bit of fun entered his lively mind. In the fields at the bottom of the hill, he could see the villagers busily getting in the harvest. He would give them a bit of a scare. That would be funny.

So he climbed up on a big rock and called down the hillside, “Wolf! Wolf!” His voice carried in the clear air and he waved his arms in the signal he had been taught to do, should there be danger of attack to the sheep by a wild animal. He watched with glee as the men and women below dropped their bundles and, armed with pitchforks and scythes, came running up the hillside. But search as they may, they found no trace of any wolf.

How he fell about laughing, after they had gone back down again, remembering their faces when he had said it was just a joke. The whole thing had been too funny to take much notice of the cross rebukes and scoldings. So a day or two later, when he felt particularly bored and cross at being on his own, he did it again. "Wolf! Wolf!" He sent the signal for help. It was fascinating watching the little figures far below in the fields dropping everything to come at his call.

A few days later, as dusk began to fall, he saw in the distance a dark speck moving across the next hill. It was a wolf and it was heading in his direction. He ran to the rock and called down, "Wolf! Wolf!" He saw heads looking up as he waved furiously. Then they turned back to their work, ignoring him. He called again, and again, and again. But not one person came. Only the wolf came, which, while the terrified boy stood by helpless, made off with the best of his sheep.

... ..

"What a silly boy he was, Mummy," said Tammy.

"Yes, Tammy," smiled her mother. "He was a silly boy. It never pays in the end to tell lies."

#### QUESTIONS:

- 1 How did you feel when you heard the story?
- 2 Did the story remind you of anything in your own life?
- 3 Did Tammy really have a tummy ache? How do you know?
- 4 Why didn't she want to go to school on a Monday?
- 5 Did you ever tell a lie? Why did you do it?
- 6 How did you feel?
- 7 What happened in the story about the boy who cried 'Wolf'?
- 8 What is the difference between being funny and laughing *at* someone?
- 9 Which feels nicer?
- 10 Why is it wrong to tell lies?
- 11 Can you tell us of a time when you spoke the truth even though it was difficult?

## GROUP SINGING

### NEVER TELL A LIE

*by Elsie Walner*

Never tell a lie, even if in fun,  
'Cause if you've told a lie,  
Damage has been done.  
Then nobody believes in you,  
Whatever you may say,  
Even if you speak the truth  
And say it all the day.

So, always say what's real,  
Always say what's true.  
Oh, how good you'll feel  
And we'll all believe in you.  
We'll all believe in you.

Never tell a lie,  
Nobody believes in you,  
Whatever you may say,  
Even if you speak the truth  
And say it all the day.

So, always say what's real,  
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## GROUP ACTIVITY

### GAME: HOT SEAT

Place a chair at one end of the room - this is the HOT SEAT.

Announce a Hot Seat subject e.g.

My happiest moment was .....

A time when I was really glad I told the truth ...

The present I gave .....

My hobbies and collections .....

The most beautiful thing in life is .....

The job I'd like to have and why is .....

Magic moments I have experienced .....

Allow children to volunteer to take the Hot Seat.

This naturally introduces the importance of sharing with others, the importance of good listening and projection.

The Hot Seat is a good introduction to discussion as it prepares the ground for treatment in depth of larger subjects. Signals, such as hand signals, are useful because otherwise it is easy for the discussion to get out of control.

The teacher as chairperson is essential.

**Extension Exercise / Links to Other Subjects:** Ask the children to draw a flowchart of what happens when we tell lies. The teacher may wish to give a simple scenario e.g. Alex said he lost his homework, when actually he forgot to do it.

The aim of the exercise is to illustrate that actions have consequences.

**Close the lesson:** If the teacher wishes, the lesson can be closed by asking the children to form a circle and say, "*I can keep myself happy by always telling the truth*".