

Honest No Matter What

Have students close their eyes and feel their breath coming in through their nose, and then going out through their heart. Repeat this three times. Tell them to imagine that they are playing with a friend outside, and they accidentally break a window of a house, an apartment, or a car. A grown-up comes a little later and asks if they know what happened. No one else saw what happened. What do they do?

Have students notice what thoughts are coming up as they think through the situation. Are they tempted to pretend they don't know what happened? Why is it important to tell the truth?

Have students blink their eyes a few times and roll their shoulders back, then close their eyes again for a moment. Have them imagine that they told the truth, and in order to help pay to have the window fixed, they will have to do community service with their friend. What do they think about that? Do they feel reluctant to do it? Have them take a deep breath and ask them how they could be open to learning from this experience. What positive can come from doing community service? How can they make it interesting and fun?

Have students open their eyes and invite a few of them to share their thoughts. Remind them that telling the truth can be hard, but it builds integrity and an honest reputation. Sometimes being honest comes with consequences they may not want, but they have the ability to remain open to learning from those consequences.