# My Honesty Map

Everyone makes mistakes. Telling the truth is a brave skill I can practice.

**Name:** _____ **Date:** _____

## 1 Why kids sometimes fib

Tick the ones that are true for me sometimes

- [ ] Scared of trouble
- [ ] Did not want to upset
- [ ] Wanted something
- [ ] Wanted to look good
- [ ] Felt embarrassed
- [ ] Wanted attention
- [ ] To be polite
- [ ] Did not think first

## 2 How a fib feels in my body

Tick what I notice before or after a fib

- [ ] Tummy flip
- [ ] Hot face
- [ ] Fast heart
- [ ] Looking away
- [ ] Talking fast
- [ ] Worry later
- [ ] Hard to sleep
- [ ] Glad when I told

## 3 Brave truth words

Tick words I can use to fix a fib

- [ ] I made a mistake
- [ ] Can I start over?
- [ ] That was a fib
- [ ] The truth is...
- [ ] I am scared to say
- [ ] I need a minute
- [ ] I am sorry
- [ ] I can fix it by...

## 4 Truth detective

Pretend stories are fun when everyone knows they are pretend

**A time I told the truth when it was hard:** _____

**How I felt after:** _____

**What helps me tell the truth:** _____

Draw a pretend story (story time, not a fib) or me telling a brave truth:

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# My Honesty Plan

In our family a fib can have a do over. The truth makes things easier to fix.

**Name:** _____ **Date:** _____

## 1 Our do over deal We made this plan together

**If I fib, I can say:** _____

**My grown up will:** _____

**Our do over word:** _____

**How we fix the problem:** _____

## 2 Things that help me tell the truth Tick the ones that help

- ☐ Calm voice
- ☐ Time to think
- ☐ Asked what happened
- ☐ Less trouble
- ☐ A do over
- ☐ Writing it down
- ☐ Hearing thank you
- ☐ Grown ups honest too

## 3 My week Tick or color a box each day it happened

| | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|---|---|---|---|---|---|---|---|
| **Told a brave truth** | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| **Used a do over** | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| **Kept a promise** | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |

## 4 For the adult helper Make the truth the easier choice

Stay calm and do not set traps. If you already know, say so and ask what happened, not "Did you do it?"

Thank the child for any truth, give a smaller consequence than for a lie, and fix the problem without the label "liar".

Surprises are fine, secrets from parents are not. Children should always tell a safe adult if anyone asks them to keep one.

**Frequent lying with stealing, aggression or a hidden problem? Talk with your pediatrician or school counselor. Crisis: 988. Danger: 911.**

Adult notes: brave truths noticed, date to review the plan

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