

Lesson Plan: Truthfulness (Lesson 2)

Preparation:

1. Purchase or borrow the book: "The Empty Pot" by Demi.
2. Purchase or find the card game "Go Fish!" for the game.
3. Photocopy the Booklet, Homework page, and Quotation for each child.
4. Prepare glue sticks, children's scissors, crayons, pencils and stickers (optional).
5. Prepare a simple and healthy snack for the children.

A simple class:

You do not need to do each part of the lesson plan. These lesson plans are a tool or resource for you to help you conduct your Baha'i Children's Class. You can omit certain sections based on your skills, resources and time.

Ideas to make a more elaborate class:

You can demonstrate "a foundation" using rectangular wooden blocks. Demonstrate how a building falls down without a strong foundation by placing one wooden block on a table, two wooden blocks standing vertically at each end of the block on the table, and a block on top like a roof. Then gently rock the bottom block and show how the other pieces fall down.



Cut off one inch around the edge of the Quotation page (one for each child) with normal or zig-zag scissors and then glue each page to a three-hole punched coloured card stock.

You can buy small flower pots at the Dollar Store for each child and have them paint them during Arts and Crafts.

Another good story to read is "The Boy Who Cried Wolf". It teaches how people lose trust in us when we do not practice truthfulness.

Opening Prayers:

Be a model of how to sit respectfully during prayers.

“We will begin by saying prayers. When we say prayers, we sit quietly and still. I will say the first prayer and then we will take turns in a circle.”

“O God! Educate these children. These children are the plants of Thine orchard, the flowers of Thy meadow, the roses of Thy garden. Let Thy rain fall upon them; let the Sun of Reality shine upon them with Thy love. Let Thy breeze refresh them in order that they may be trained, grow and develop, and appear in the utmost beauty. Thou art the Giver. Thou art the Compassionate.”

- `Abdu'l-Bahá

Praise and encourage the children for sitting nicely and saying good prayers.

Singing:

“Now we will sing ‘O God, guide me’ together.”

“O God, guide me and protect me. Illumine the lamp of my heart and make me a brilliant star. Thou art the Mighty, and Powerful.” - `Abdu'l-Bahá

Lesson: (# = praise and correct the children's answers)

Today we are going to talk about the virtue of truthfulness.

Q: What is truthfulness? #

A: Truthfulness is when our words and actions are true.

Q: Why is it important to be truthful? #

A: It is important to be truthful so that people can trust what you say and do.

`Abdu'l-Bahá says: **“Truthfulness is the foundation of all human virtues.”**

Repeat after me.(pause and have them repeat each line after you say it before continuing to the next line)

**“Truthfulness
is the foundation
of all human virtues.”**

Q: What is a foundation? #

A: It is the base on which something stands or is supported.

Optional: Demonstrate how a building falls down without a strong foundation by placing one wooden block on a table, two wooden blocks standing vertically at each end of the block on the table, and a block on top like a roof. Then gently rock the bottom block and

show how the other pieces fall down.

Q: How is truthfulness a foundation for other virtues? #

A: When you are truthful, people can trust that your other virtuous actions are real and not pretend.

Now let's recite the quotation again. Repeat after me.

(pause and have them repeat each line after you say it before continuing to the next line)

**“Truthfulness
is the foundation
of all human virtues.”**

Story:

Read the story: “The Empty Pot” by Demi.

Optional: Provide the children with blank white paper and ask them to draw a flower pot while you read the story.

Snack/break:

Have the children help serve each other and take turns getting food.

Arts and Crafts:

Optional: Give each child a flowerpot and ask them to paint it. This could also be done while you read the story instead of colouring.

Help each child put a copy of the quotation to memorize into their binder. Give each child a sheet of stickers and crayons. Let the children decorate the page.

Help the children colour and cut out the “Truthfulness” gem (from Lesson 1) to glue onto their person.

Game:

Go Fish: Play the card game Go Fish. Follow the instructions on the box.

Closing Prayers:

Ask the children if anyone would like to say a prayer to end the class. Have them take turns in a circle. Or you could end by singing “O God, guide me” together.

Truthfulness

Homework:

1. Read through the Truthfulness booklet with your child during the week and discuss it.
2. Encourage your child to put extra effort into being truthful this week. Use the following virtues language in your home: "Thank you for being truthful." "That was very truthful of you."
3. Help your child recite the following affirmation every morning. (pause and have them repeat each line after you say it before continuing to the next line)

I am truthful.
Today, I will be truthful
in my thoughts
and in what I say.
I will show others
that they can trust me.

4. Please help your child recite the following quotation every morning: (pause and have them repeat each line after you say it before continuing to the next line)

**"Truthfulness
is the foundation
of all human virtues."**

5. Please help your child do the activities on the Weekly Activity Calendar.

Weekly Activity Calendar:

Put a check mark below each item when it is completed.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Recite the affirmation.	Recite the affirmation.	Recite the affirmation.	Recite the affirmation.	Recite the affirmation.	Recite the affirmation.	Recite the affirmation.
Recite the quotation.	Recite the quotation.	Recite the quotation.	Recite the quotation.	Recite the quotation.	Recite the quotation.	Recite the quotation.
Play "I Spy". Be truthful if someone guesses your object.	Notice your mom being truthful about something.	Make up a story about telling the truth.	Tell your mom something truthful about your day.	Be truthful with your friends.	Play the true or false game. Say something and ask someone if it's true or false.	How many letters are in the word "Truthfulness" Try to spell it or write it.

“Truthfulness
is the foundation
of all human virtues”

- Bahá'u'lláh