

## Lying up a storm - Trust

### EXPLANATION:

Telling the truth and being honest helps build trust, maintain friendships, and avoids internal conflict. The story by Julia Cook, *Lying up a storm* explores the consequences of telling a lie and how one lie can often lead to several more. The story also explores the internal and external consequences that can be experienced as a result of lying.



**YEAR LEVELS:** Years 1–3

**STUDENT GROUPING:** Whole class

**ACTIVITY LENGTH:** 30 mins approx.

### LINK TO CURRICULUM:

**Health and Physical Education: Sequence of content F–10**

**Strand: Personal, social and community health**

#### *Identities*

- Describe their own strengths and achievements and those of others, and identify how these contribute to personal identities
- Explore how success, challenge and failure strengthen identities.

#### **Personal and Social Capability learning continuum**

##### **Self-awareness element**

- Recognise emotions: Compare their emotional responses with those of their peers
- Develop reflective practice: Reflect on what they have learnt about themselves from a range of experiences at home and school

##### **Self-management element**

- Express emotions appropriately: Describe ways to express emotions to show awareness of the feelings and needs of others

## SCOPE OF TASK:

Trust is a critical component of social and emotional learning supporting the formation of social connections and relationships. Some age-related facts about lying:

- Around 3 years of age children learn to tell lies but these are often obvious to the adult
- Around 4-6 years children get better at telling lies and can match their voice tone and their facial expressions to what they are saying
- As children grow older their lies get more complicated because children have increased language skills and social skills so therefore they can lie more successfully
- In the teenage years 'white lies' can be told to avoid hurting other people's feelings as well as intentionally to not get in trouble

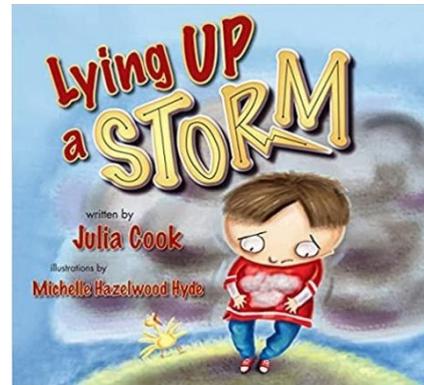
Students need to learn about telling the truth in small and large situations.

1. Activate students' prior knowledge to establish their understanding of trust and lying:
  - Who is someone that you trust?
  - Why do you trust that person?
  - What are lies?
  - Do you trust people who tell lies? Why or why not?
  - How do you feel when you tell lies?
2. Show the students the book, *Lying up a storm* by Julia Cook. Read the title and show the front cover to the students. What do they think the story will be about?
3. Read the story book to students allowing time for students to engage and discuss the contents of the pages.
4. Unpack the concepts of lying and the impact of lying on trust that were discussed in the book. Some questions to lead the reflection could include:
  - Whenever Levi doesn't like the truth, he kinda, sorta makes up other stuff to say. Is this lying?
  - Who does Levi hurt when he lies?
  - What does Levi's mother say about his lying?
  - How does Levi feel when he lies?
  - Do people trust Levi when he lies?
  - Do you think Levi trusts himself when he lies? What does lying do to his feelings?
4. Share the activity sheet with the students. The questions on the worksheet assists individuals to record their thoughts on lying, trust and inner conflict.
5. Allow students 15 mins approx. to complete worksheet. Sitting in groups will facilitate discussions about trust, lying and the impact of these behaviours on others and the self.
6. Once students have completed the worksheets bring the group back to share what they have written. Before sharing remind students that when discussing what trust means to each other that we must be in a safe environment where honesty and trust are central to the classroom environment.

## RESOURCES:

- Worksheet attached below, or students can make their own

Cook, J. (2015). Lying Up a STORM, National Center for Youth Issues, Chattanooga, TN, United States.



# Have you ever lied up a storm?

Write your answers in the clouds



What have you lied about?

How did it make you feel when you lied?



What happens to trust when someone lies?