

HONESTY Tips and Tools



Easy for parents, Good for kids

TIPS & TOOLS TO HELP BUSY PARENTS RAISE HAPPY, SUCCESSFUL KIDS IN - 10 MINUTES A DAY



How HONESTY leads to Happiness and Success

Many of us pride ourselves on being honest, but we overlook the fact that we are not always honest with ourselves: about who we really are, about how we feel, about what we need, and what makes us happy. The reality is that our true feelings, even if we suppress them, never go away. They simmer under the surface, and they continue to affect our health and well-being, as well as our relationships, in subtle ways that can be very damaging.

Mike Robbins, author of *Be Yourself, Everyone Else is Already Taken*, makes this point clear when he says, "A lot of negative behavior, unhealthy habits, and ultimate pain in our lives stems from our inability to acknowledge and express our intense emotions. Most recovering addicts will tell you that the reason they started and continued to abuse drugs or alcohol was self-medication, due to some specific emotion or emotions that they were unable to tolerate or deal with effectively."

You are authentic when your behavior aligns with what you feel, believe, and value. People who are not authentic become slaves to how the world wants them to behave. They are often anxious and miserable, because it's emotionally

exhausting to constantly worry about “fitting in” and saying or doing the right thing, Authentic people are passionate about life, at peace with themselves, and present in the moment because they’re not trying to figure out someone else’s agenda or worrying about hiding their own. They are often more resilient, and less likely to turn to self-destructive habits for solace. They tend to be purposeful in their choices and more likely to follow through on their goals. Authentic people are happier and more successful.



Mindsets for Happiness and Success



HONESTY

When we lie, we take away someone’s ability to make decisions based on the truth.

How to talk to kids about HONESTY

Since Halloween is all about masks and disguises, it’s the perfect time to talk about shedding the masks we create to hide our true selves from others. Many of us are honest with our friends and family, but not always honest with ourselves, or how we represent ourselves to other people. Being true to ourselves and being true to others, about who we really are, is what good relationships are all about. The problem with honesty is that the short-term benefits of lying often seem way more appealing than the long-term benefits of telling the truth. In order to help children develop an honesty mindset, we need to help them see, and appreciate, the long-term benefits of being honest as more important than the short-term benefits of lying. LET’S TALK about HONESTY gives your children an opportunity to think about what happens AFTER you tell the truth or AFTER you tell a lie. They will explore how their behavior might make them think and feel about themselves, as well as how others might think and feel about them.

The White LIE PIE

One of the most important things parents can teach their children is honesty. But there is a big grey area called the “white lie,” and it’s not easy to define.

We lie about Santa Claus and the Tooth Fairy - because it’s fun. We lie about our own problems when we tell people that everything is fine — so they don’t worry. We lie when we say someone made a beautiful painting or wrote a beautiful poem - when it’s not. We lie when we say we’re happy to see Aunt Margaret’s husband, who cheats on her — because we want to save her the embarrassment. It’s important to know the difference between a real lie and white lie so that we can act appropriately respectful, polite, and kind in situations that call for such behavior.

But it’s tricky. One way to know if it’s a real lie or a white lie is to ask ourselves the six questions on the WHITE LIE PIE. If the answer to ANY of these is yes, then it’s a real lie — and it’s wrong. We tell a white lie when we are trying to protect someone else from unnecessary hurt, damage, or loss (who doesn’t deserve to be hurt or experience the loss), AND there is no gain to us for doing so.

[Download LET’S TALK - Honesty](#)



[Download The White LIE PIE](#)

The HappyHome ELVES and the Key to HONESTY

Each of the HAPPYHOME ELVES comes with a bed-time story by an award-winning author, an antique key, 50 tokens to reward good behavior, and 30 cards telling children what they can do to earn the Key of Resilience, Kindness, Optimism, Gratitude, Responsibility, Courage, Mindfulness, Honesty, Empathy, Purpose, Generosity or Respect.



The HAPPYHOME ELVES pop up around the house (one per month), holding prompt cards for children, who love the magic and mystery of it all. Kids are excited to wake up each morning and see what message the ELF has brought, and end up doing more for their friendly ELF than they would for their parents. Parents learn how to parent like an expert without reading a single book. The prompt cards teach them what to say to their kids, and what activities to encourage that will help them develop the mindsets and habits that lead to happiness and success.

[See all 12 ELVES](#)

The 3-IN-1 FAMILY FUN Activities for HONESTY

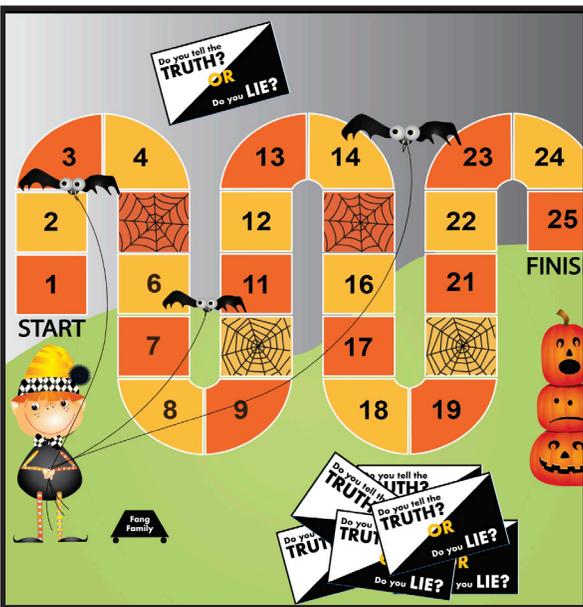
The three most important things happy families do is (1) sit down to meals and talk about what's important, (2) have fun together - without technology, and (3) celebrate family life with rituals and traditions that create memories and build strong family ties. 3-IN-1 FAMILY FUN ideas have been developed to deliver all those benefits in one simple activity.

Our most cherished childhood memories usually revolve around the holiday traditions we celebrate as a family. The fact that we repeat these traditions over and over again is one reason why they stick with us, but it's also because they involve so many of our senses; festive decor, yummy food, fun activities, and relaxed time with people we love. If you want your children to remember important life lessons, the easiest, and most effective, way is to weave them into holiday traditions and family rituals. That's what 3-IN-1 FAMILY FUN is all about. Below are three activities/tradition ideas for the month of October, all about HONESTY and Halloween.



MAD/SAD/GLAD Pumpkins

These pumpkin cards create a whimsical visual for your children of the different emotions they experience from day to day. The act of trying to choose one that expresses what they may be feeling is a calming activity in the heat of the moment. The complicated part is that we often feel a mix of emotions. Anger, fear, and hurt are the main ones we seem to express right away. They often hide more subtle, and sometimes more important, emotions that we feel too vulnerable to express. Being honest, with ourselves and with others, about how we really feel is a big step towards healthy relationships. It helps to ask your children, "What are you angry about? What are you afraid of? Why do you feel hurt? This is a powerful way to teach children a very important skill that will benefit them for a lifetime.



Tell the TRUTH or LIE? Game

We spend a lot of time talking to our children about the importance of being honest - because "it's the right thing to do." But "doing the right thing" is not always a strong motivator for kids. It helps to define a clear connection between honesty or dishonesty and the actual benefits and consequences that come as a result. WHAT makes it especially difficult is that telling a lie can result in some very appealing and immediate benefits, like winning a game or an award, getting a job or a promotion, earning recognition, admiration, or popularity, and NOT getting into trouble. The long-term benefits of telling the truth usually seem less important at that moment. This game helps children think about, and understand, the long-term consequences of telling a lie versus the long-term benefits of telling the truth. And it's fun!



The Candle of HONOR

Young children naturally say what they feel and think, but they learn soon enough that some emotions are considered "bad," so they begin to lie in order to hide those "bad" feelings. It's important to reassure our children that we cannot control our feelings. They come and they go. We can, however, control our behavior. Make it clear that no one else "makes" them behave in a certain way. How they behave is their choice and their responsibility. Feeling comfortable expressing true emotions is a big step in learning to control one's behavior. Tell your children that honesty means expressing emotions that may seem silly, scary, or bad. Always praise them for being honest. Use the Candle of HONOR at dinner to celebrate and reward the good behavior and good deeds that relate to any of the values and mindsets you cherish as a family.

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