

Chocolate Hands

This lesson introduces students to the Integrity unit through the use of chocolate syrup. Lies are hard to manage and are easily spread. They are also hard to simply “wipe off” until you choose honesty and integrity!

Integrity Sub-Concept(s)

Perseverance, Kindness

Lesson Timeframe

35-40 minutes

Required Materials

- ☐ Chocolate syrup
- ☐ Paper towels
- ☐ Soap and Water

Standards Map

This lesson aligns with CASEL Competencies, National Health Education Standards, and Common Core State Standards. Please refer to the [Standards Map](#) for more information.

Lesson Objective

Students will:

- Explain how lies are messy and hard to control
- Explain that honesty is the best policy

Teacher Connection/Self-Care

Integrity means teaching from ‘bell to bell’. Examine how wisely you use your student contact hours. What can be done during planning instead of when they are present?

Tips for Diverse Learners

- If you have students with physical limitations, this could be an opportunity for them to share some of their experience with their classmates, if they are comfortable and willing; this lesson is not about a difference of ability, however, so it’s not necessary to mention anyone who has a difference of ability. It is simply an opportunity if such an opportunity is needed or welcomed.



Share

5-7 minutes

Play “Follow My Clap” by doing a clap and repeat of patterns. Examples might include:

- Loud, Soft, Loud, Soft
- Loud, Loud, Soft, Loud Loud
- Soft, Loud, Pause, Soft, Loud, Pause

After you are done ask the students the following questions:

- Did you listen closely to claps? Were you able to follow along?
- Did you feel tempted to create your own pattern instead of following mine?

Even with a simple activity like this clapping exercise you can only control so much. The patterns I chose, the participation of others near you and the speed at which I clapped were all out of your control. However, you were able to control your own behavior and follow along. Today we are going to explore using honesty with our words and actions.



Inspire

10-15 minutes

Explain that **honesty** means *being truthful in our words and actions*. Telling the truth can be difficult at times. Telling stories can be fun and it might be tempting to make up stories when someone asks you questions about your homework or why your sister is crying. Remember: your words have power! Every time you tell the truth, you earn a small amount of trust from others. When people trust us, they can count on us in both little situations and big situations alike. If you get into the habit of always telling the truth with little things, you will find it easier to tell the truth when bigger topics come up! It's always bEST to be honEST.

Honesty in Action

5-7 minutes

Let's take some time to brainstorm what honesty looks like. Divide your board (or a piece of large paper) into a T-chart. Label the two sides: Words and Actions.

- **Words:** Honesty means you only say things about people that are true. Telling lies about others or speaking unkindly hurts their feelings. It also takes away the trust others have for us and they might not want to spend time with us.
 - Ask students for some examples of times they have used honesty with their friends. Write them down on the T-chart.
- **Actions:** Honesty means you make honest choices as well. When you break something, do you own up to your actions and tell the truth? Are you willing to face the consequences even if it means getting in trouble?
 - Ask students for some examples of times they were honest about a bad choice they made. Write them down on the T-chart.



Empower

15-20 minutes

Today you are going to do a messy activity to illustrate how much lying can affect us. Have everyone sit at their desks. Have them cup their hands and add a few drops of chocolate syrup into each student's palms.

Context:

- The chocolate syrup represents a lie. Look in your hands right now.

Ask:

- Can you close your hands so no one knows you lied? Yes! Right now you can. But what if I asked you what was in your hands? (You would have to lie again.)

Add more chocolate syrup to everyone's hands.

Say:

- You might still be able to cover up your lie, but it's getting harder, isn't it! Pretend that your parents now want to know why you are keeping your hands shut all the time.

Add more syrup to everyone's hands. It should start spilling out now.

Say:

- The guilt of hiding the lie is heavy and the challenge of hiding it isn't working anymore. See how it's spilling out now? Lies have a way of growing and spreading. One lie turns into 2 and so on and so on until you are covered in lies.

Pass out paper towels.

Conclusion:

Maybe you try to avoid telling your parents and teacher the truth. You wipe your hands, but what's happening now? The lie won't come all the way off! Avoiding honesty only buys you time. But you still have the lie on your hands. Your hands are messy and sticky. You can't do work or even play with hands like that.

What's the solution? How can you clean your hands? Yes, washing them! Telling the truth washes all the syrup and lies off your hands. You have wiped the slate clean. Now you can start new without any lies weighing you down and stopping you from learning and having fun.



Reflect

5 minutes

Ask students how it felt when they had syrup spilling out of their hands.

- Did the feeling make you upset?
- Did you want to immediately get rid of the syrup?

Lying can have the same effect on you. Remember honesty is the best policy...even if you have told a lie first. The goal is to get rid of those lies quickly so you can feel better!



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Kindness in the Classroom® met or exceeded all of CASEL's criteria for high-quality SEL programming. Kindness in the Classroom® received CASEL's highest designation for high-quality SEL programming.

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