

Pepper and Soap

This lesson focuses on the importance of being honest and the problem with telling fibs. Students will conduct a science experiment with pepper and soap to illustrate fibs and the power of honesty in “wiping the slate clean”.

Integrity Sub-Concept(s)

Perseverance, Kindness

Lesson Timeframe

45 minutes

Required Materials

- ☐ 1 large bowl with water
- ☐ Black Pepper to shake in
- ☐ Dish soap
- ☐ Paper towels
- ☐ *Fin's Little Fibs* by Tom Percival

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.



DESIGNATED BY CASEL
AS A RECOMMENDED PROGRAM
FOR SOCIAL AND EMOTIONAL LEARNING.
See last page for details.

Lesson Objective

Students will:

- Demonstrate an understanding around the concept of honesty and why it's important to always tell the truth.
- Practice being honest, especially after telling a lie.

Teacher Connection/Self-Care

Students come from all different home situations. Remember- you cannot control that. All you can do is show up, be present and follow through on your words. Your integrity lays a foundation.

Tips for Diverse Learners

- Allow students to act out the next line in the story if speaking it is too difficult
- Encourage strong writers to help you write the words on the board



Share

5-7 minutes

Play the game “telephone”.

Instructions:

Have a volunteer tell the teacher one true sentence about themselves. (Example: “I am in kindergarten” or, “I have a brother”.) The teacher will write down the sentence before playing the game.

- Have your class sit in a large circle on the floor (or in chairs if space is limited)
- Starting with the teacher, whisper the sentence into the person’s ear sitting on your right hand side.
- Continue until the sentence has been passed all the way around the circle.
- At the end, have the last person say the sentence they heard aloud to the group.

It is important to always be honest in your words and actions. If you hear something that doesn’t sound right or doesn’t make sense, ask questions.



Inspire

20 minutes

Honesty is the best policy, but sometimes we are scared to tell the truth. We know that we broke a rule and we don’t want to get in trouble.

What should we do right after we break a rule?

Invite student responses.

Sometimes we might tell the truth right away. This is always the best answer! No one gets hurt and others know they can trust you. However, sometimes we choose to lie instead. Often, one lie turns into many and it can be much harder to be honest after all those lies.

Have you ever heard of the word fib? It means a small lie. Fibs are called small lies because they don’t usually hurt others right away. They are little lies we tell to avoid getting in trouble or having to do more chores. But any lie, no matter how small, still matters.

Explain that the class will read a story about the importance of Honesty and consequences when we choose to lie instead of being honest.

Read “Finn’s Little Fibs” by Tom Percival

Read Aloud link: <https://www.youtube.com/watch?v=NhlquOQTuew>

- Why did Finn tell his first fib?
- What happened after his first fib?
- Why did a little blob appear after each fib?
- How did Finn feel with all those little blobs around him?
- How did he finally get rid of his fib blobs?



Empower

10-15 minutes

Now we will reread this story and perform a little science experiment while we listen carefully for fibs and truths.

Instructions:

1. Have students gather on the floor around your large bowl of water. Alternatively you could give each student their own cup of water and a pepper shaker if you have the resources.
2. Reread the story. Every time Finn tells a fib, have a volunteer shake some pepper into the bowl of water.
3. Just before Finn tells the truth, dip a paper towel in the water so pepper gets on the towel. If desired, have each student do this so they have a personal visual in front of them
4. After Finn tells the truth, add a drop of soap onto each towel and watch the pepper run away from it.
5. What happens to our fibs when we finally tell the truth? *Yes, they go away and we can feel relieved. Just like Finn, we no longer have to carry around all those fib blobs with us!*



Reflect

5-7 minutes

Ask students the following questions

- What did the pepper represent?
- What did the soap represent?
- What should we do when we realize we are telling a fib?

Remember, honesty is the best policy. There may be times when you tell a fib, or even maybe a bunch of fibs...but it is NEVER too late to tell the truth.



Extension Ideas



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PROGRAM FOR SOCIAL
AND EMOTIONAL
LEARNING.

The Collaborative for Academic, Social, and Emotional Learning (CASEL) has been reviewing evidence-based SEL programs since 2003. Kindness in the Classroom® meets CASEL's SElect Program and is included in the CASEL Guide to Effective Social and Emotional Learning Programs.

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.

<https://casel.org/guide/kindness-in-the-classroom/>

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