

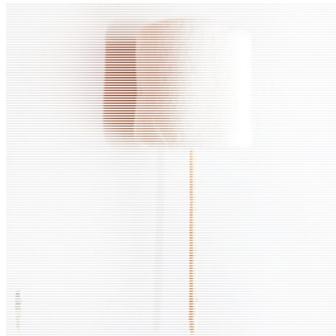


MATERIALS:

- Stick
- Marshmallows (enough for the whole class)
- Graham crackers (enough for whole class)
- Hershey chocolate bar (enough to make s'mores for whole class)
- Lighter (optional)

OBJECT LESSON: Marshmallow on a stick lit on fire puffs up then burns up.

- Hold up the marshmallow on a stick so the class can see it.
- Carefully light the marshmallow on fire until it starts on fire and burns (optional)



Explain to the students how the roasted marshmallow is like the lies we tell. They puff up and become burned. Eventually they become separated and fall off the stick. Ask them; how many of them would like to eat the marshmallow before it was burned? How many of you would like to eat it after it is burned, not many.



When we tell a lie, it usually results in having to tell another lie to cover up the first one and then another and another. The lies begin to swell until we cannot control them any longer. People no longer want to be around someone who tells lies. Sort of like the burned marshmallow that no one wants to eat and it falls away from the stick. Lying destroys us because it takes us into a vicious cycle that is extremely difficult to get free from. Once you tell a lie, you usually have to lie again to cover up the first lie, and you feel even worse. Lies grow, they never stand alone, they need more lies to support the first lie. So, if you don't fess up immediately...it grows like a cancer. It cannot be stopped.

Talk to the students that if you've ever been lied to, you know how difficult it can be to ever trust that person again. You can't help but wonder why a friend or family member would treat you so poorly. When you lie, even if you think others will never find out, you will almost certainly create a barrier of hurt in your relationship. Unfortunately, when the other person finds out about your lying, and they usually do, it's nearly impossible to regain trust

It all comes down to this: Lying comes with a huge cost—it destroys lives. Relationships will crumble and people will refuse to trust you. But the person most hurt by your lying is you.

Using the marshmallows, chocolate and graham crackers to make s'mores, you can give the students a positive message:



With the class you can make a s'more. As you make them explain that the marshmallow represents you as a person of your word and one that is trustworthy, (show the marshmallow). Add some respect (add Hershey chocolate piece). Maybe some accountability (add one graham cracker) and a little kindness (add second graham cracker). Warm this all together and you have a citizen of character that everyone can appreciate and trust. We need to let our ooey gooey goodness come out.

DISCUSSION: As you enjoy your s'mores have a discussion with your students.

- How can you tell if someone is lying to you?
- Why do people lie?
- What does it mean to be "honest"?
- Does being an honest person have an effect on our relationships with other people? Why?
- What are the consequences of not owning up to our lies and deceit?
- When people are dishonest with you, how does that make you feel?
- How important is it you that your friends be honest?
- Do you consider yourself an honest person?
- What does honesty have to do with your character?

