



Honesty and Truthfulness

Learning Objectives

After completing this chapter, students will be able to:

- explain what honesty and truthfulness mean
- identify honest and dishonest actions in daily life
- describe why telling the truth builds trust
- practise being truthful even when it is difficult



Let us Begin

Think about these questions:

- ★ Have you ever told the truth even though you were afraid? What happened?
- ★ How do you feel when you find out that someone has lied to you?
- ★ Why do people sometimes find it hard to admit a mistake?

Talk about your answers with your friends.



Introduction

Honesty means being truthful in what we say and fair in what we do. An honest person does not cheat, steal or tell lies. Truthfulness is speaking what is real, even when it is not easy. When we are honest, people learn to trust us — and trust is one of the most precious things we can ever earn.



Understanding the Lesson

- Honesty means our words and actions are truthful and fair.
- Truthfulness is saying what really happened, without changing it.
- An honest person does not cheat in games, tests or work.
- Admitting a mistake is a brave and honest thing to do.
- Small lies may seem harmless, but they slowly break trust.
- Honesty includes returning things that do not belong to us.
- People feel safe and respected around someone they can trust.



Real-Life Example

Aarav found a fifty-rupee note near the school gate. He could have kept it quietly. Instead, he handed it to his teacher, who returned it to the student who had lost it. Aarav felt happy, because he had done the right thing.



Story

The Extra Change



One evening, Meera's mother gave her a fifty-rupee note and asked her to buy a packet of biscuits from the corner shop. The shop belonged to Uncle Rao, a kind old man who knew almost every family

in the neighbourhood. That evening the shop was crowded, and Uncle Rao was hurrying from one customer to the next, weighing rice and counting coins all at once. Several people were waiting impatiently, and the small shop was filled with the sounds of customers talking and bags rustling.



When Meera's turn came, she asked for the biscuits, which cost only twenty rupees, and placed the note on the counter. Uncle Rao quickly pressed a handful of coins into her palm and turned to the next person in the queue. On her way home, Meera stopped beneath a street lamp to count the change. To her surprise, Uncle Rao had given her back a full fifty rupees instead of thirty. 'He has returned twenty rupees too much,' she thought, and her heart began to beat faster. For a moment she imagined the sweets she could buy with the extra money, and told herself that no one would ever know. She even thought about buying chocolates to share with her friends the next day. But then she remembered how tired Uncle Rao had looked, working all alone in his busy shop. She knew that the money was not hers, and that keeping it would be like taking something that did not belong to her. Without waiting another moment, Meera turned around and walked straight back to the shop. 'Uncle, you gave me twenty rupees more than my change,' she said, holding out the coins. Uncle Rao looked at her in surprise, and then a warm smile spread across his face. "Not many children would walk all the way back to return money," he said gently. You are an honest girl, Meera. Your parents must be very



proud of you. He thanked her sincerely and told her that honesty was one of the most valuable qualities a person could have. As Meera continued her walk to home, she felt lighter and happier with every step. When she reached home, she told her mother what had happened. Her

mother listened carefully and smiled with pride. 'Doing the right thing is not always easy,' she said, 'but it always brings peace to the heart.' Later that week, Uncle Rao met Meera's mother and praised Meera's honesty. The story quickly spread through the neighbourhood, and many people admired her good character. Meera learned that day that honesty earns something far more valuable than money—it earns trust, respect, and self-respect. Meera walked home with empty pockets, but with a quiet, happy pride that no sweet could ever match.



Moral

An honest heart is worth more than any money we could gain by cheating.



Key Values

- Honesty
- Truthfulness
- Trustworthiness
- Fairness



Exercise

A. Knowledge Check (Understanding Basic Concepts)

Fill in the blanks using the given words.

trust, cheat, truthful, Honesty

1. _____ means being truthful and fair in all we do.
2. A _____ person says what really happened.
3. When we are honest, people learn to _____ us.
4. We should never _____ in games or in tests.

Tick (✓) the correct answer.

1. Honesty means being _____. (truthful and fair / clever)
2. Returning money that is not ours shows _____. (greed / honesty)
3. Telling small lies slowly breaks _____. (trust / toys)
4. Admitting a mistake is a sign of _____. (weakness / courage)

Write True or False.

1. Honesty means telling the truth only when it is easy. (_____)
2. An honest person does not cheat in tests. (_____)
3. Returning lost items to their owner is honest. (_____)
4. Small lies never harm anyone. (_____)

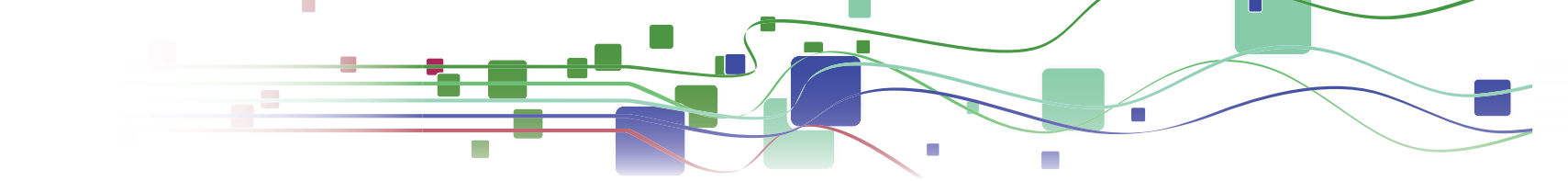
Match the columns.

Column A

1. Honesty
2. Truthfulness
3. Trust
4. Cheating

Column B

- a. Acting unfairly to win
- b. Being truthful and fair
- c. Saying what is real
- d. Belief that someone is honest



B. Understanding and Application

Answer the following questions:

1. Write the meaning of honesty in your own words.

2. Give two examples of honest actions you can do at school.

3. Why does telling lies break the trust between people?

4. Describe a time when you told the truth even though it was hard.

C. Real-Life Situations (Competency-Based Questions)

Read the situations and answer the questions.

Situation-1

You break a glass at home by accident, and no one sees you.

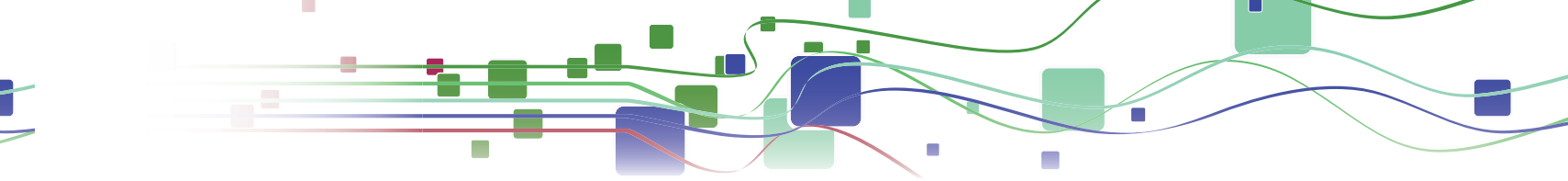
1. What will you do?

2. Why is telling the truth the right choice?

Situation-2

During a test, your friend asks you to whisper an answer to her.

1. How would you respond?



2. How will you explain your choice?

D. Critical Thinking

Think carefully and answer:

1. Can a person who often tells lies ever feel truly peaceful inside? Explain.

2. Why is it sometimes harder to be honest than to tell a lie?

3. Is it honest to stay silent when you know the truth? Why or why not?

E. Value-Based Activity (Experiential Learning)

Make an 'Honesty Box' for your class. Whenever someone returns a lost item or admits a mistake honestly, write it on a slip and drop it in. Read a few aloud each week.

F. Group Discussion (Discuss in groups)

Is a small lie told to avoid trouble ever a good idea? Share your reasons with the class.

Write two examples from your discussion:

1.

2.



G. Project Work (Experiential Learning – NEP Requirement)

Keep an 'Honesty Diary' for one week. Each day, write down one honest thing you did and how it made you feel. Decorate it and share your favourite entry with the class.

H. Self-Assessment (Reflection – NEP Core Component)

Tick (✓) the statements that are true for you.

1. I speak the truth even when I am afraid.
2. I admit my mistakes instead of hiding them.
3. I do not cheat in games or in tests.
4. I return things that do not belong to me.
5. I keep the promises that I make.

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When you make a mistake, pause and take a breath. Say what really happened in simple words, then offer to put it right. Honesty grows easier each time you practice it.