Daily Dad

A DAILY DOSE OF DADDY

HONESTY

Ages 6–8

DOSE 3 OF 365

How do you feel today? Circle yours · Dad ★ yours

Tell the truth, even when it's hard.

Dad goes first (a true story. Fill the blanks out loud!)

Dad says: "One time I _____. I wanted to hide it, but I told the truth. Then I felt _____."

Role-play cards (act it out, then circle what a truth-teller says)

Juice spilled on the rug.

"It was me." or "The dog did it!"

You broke her crayon.

"I broke it. Sorry!" or Hide it

Brushed your teeth? (You didn't.)

"Not yet!" or "Yes!"

Draw a time you told the truth

I felt _____.

Brave truth words (circle one to try)

- "It was me."
- "I'm sorry."
- "I made a mistake."
- "Can we fix it?"
- "Oops, that's not true."
- My idea:

LET'S TALK: When is telling the truth hard?

1. **Dad goes first.** Tell a real one: "It was hard to say I forgot."
2. **Kid goes second.** Tell a time it was hard, and what you did.

DAD JOKE OF THE DAY

Why are ghosts bad at lying?

You can see right through them!

Kid(s): _____ Dad: _____ Date: _____

Wise Words: *"If it is not right, do not do it: if it is not true, do not say it."* — Marcus Aurelius