

Daily Dad

A DAILY DOSE OF DADDY

HONESTY

Ages 9–12

DOSE 3 OF 365

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

Hard truths take guts. Tell them anyway.

Dad goes first, then you (Dad tells a story first. Then write or tell yours.)

Dad: a time I owned up

What happened _____

Why it was hard _____

What I said _____

What happened next _____

Me: a hard truth I told

What happened _____

Why it was hard _____

What I said _____

What happened next _____

Did you know? In a 2014 study of 268 kids ages 3 to 7, a story where a child was praised for telling the truth made kids more honest. The Pinocchio story didn't.

Role-play: honest AND kind (act it out, then write a true answer that is also kind)

A friend asks if you like their drawing. You don't love it.

True + kind: _____

You forgot to feed the dog. Dad asks if you did.

True + kind: _____

You got a low grade on a test. Dad asks how it went.

True + kind: _____

You hear a rumor about a kid. A friend asks if it's true.

True + kind: _____

LET'S TALK: Is there a truth that's hard to tell Dad?

1. **Dad goes first.** Go first: "I once blamed traffic. I was just late."
2. **Kid goes second.** Listen, then share one if you're ready.

DAD JOKE OF THE DAY

Why can't you trust atoms?

They make up everything!

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