

🌟 I Tell the Truth! 🌟

A calming lesson for little hearts (Ages 3-5)



Big Idea

Telling the truth is good.



Heart Goal

The child feels safe and strong when speaking truthfully.



Lesson Objective

The child recognizes a simple example of honest speech.

Language Focus: Truth



Story Time with Bilal 🧑

Bilal was coloring at the table 🖍️. His crayon rolled off and made a mark on the paper next to him. 📄

His teacher 🧑 came over and asked, *"What happened here?"*

Bilal looked at the mark. He felt a little nervous. 😟

He could stay quiet. He could say nothing.

But then he took a small breath and said,
"I did it."

His teacher looked at him gently and smiled.

"Thank you for telling the truth." 💖

Bilal looked up.

"Telling the truth is good," she said. "It is better to speak honestly."

Bilal felt calmer now 😊. He had told the truth, and that felt better than hiding it.

Together, they cleaned up the table and got back to work. 🧹

Later that day, Bilal remembered the moment and said softly to himself,

"I tell the truth." ✨

Talk Together

- What did Bilal say?
- Did he tell the truth?
- Is telling the truth good?

Let's Say It!

"I tell the truth."

Tiny Dua

O Allah, help me tell the truth.

Practice Today

When someone asks you something, practice answering truthfully with calm words.



Teacher/Parent Note:

Keep honesty connected to safety and dignity. Do not turn this into a fear lesson. Reward and appreciate their honesty gently when they admit to small mistakes.