



**Week Eleven**

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**CHAMPIONEERS!**  
**CAVEMAN ROCK**

## Family Night Adventure #11

### Truth or Consequences

- **Key:** How to Stop a Lie
- **Concept:** 1<sup>st</sup> Law of Motion
- **Workbook:** pages 48-51
- **Sing-Along CD:** What Makes Me Rock

### Family Life Agenda

1. Family Night “Roll” Call
2. Review
3. **Video:** #11 Truth or Consequences
4. **Discussion:** #11 How to Stop a Lie
5. **Video:** Lesson #11 How to Stop a Lie
6. **Activity:** Centripetal Force
7. Storytime
8. Review
9. **Leader Challenge:** Pass-it-On

### Activity

- Tug-of-War

### Food Idea

### Materials

- Balloon
- A Penny

### In a Nutshell

Discuss how telling a lie acts like centripetal force. Once you start a lie, it just wants to keep going and pulling everything else into it. The way you stop a lie is to tell the truth. Review music again. This week’s challenge is to do an anonymous kind act, then leave a note with a challenge for that person to do the same thing for someone else.



## Lesson Eleven - Quick View

	<b>ACTIVITY</b>	<b>OBJECTIVE</b>	<b>ACTION</b>
<b>1</b>	Family Night "Roll" Call	Set the tone for your home	Pass out cookies (Family Night Treats), hot cocoa and latte's. Breathe and share week highlights.
<b>2</b>	Review	What have we learned?	What Matters Most
<b>3</b>	Video: Episode #11	How to stop a lie	Truth or Consequences
<b>4</b>	Discussion	How to stop a lie Workbook 48-51	Discuss how a lie in motion tends to stay in motion.
<b>5</b>	Video: Lesson #11	How to Stop a Lie	Centripetal Force Experiment
<b>6</b>	Activity	Roundabout Centripetal Force	Demonstrate how centripetal force keeps a penny in motion inside a balloon.
<b>7</b>	Storytime	Visual and audio reinforcement	Truth or Consequences
<b>8</b>	Review	Reinforce concepts	Go through all the songs you've learned. Review lesson.
<b>9</b>	Leadership Challenge	Reinforcement and internalization	Do an anonymous kind act, then leave a note with a challenge for that person to do the same thing for someone else.
<b>10</b>	Sing-Along CD	Reinforcement and internalization	Enjoy

# Lesson Details

## 1. Family Night “Roll” Call

Enjoy your hot cocoa and cookies

## 2. Review

What have we learned? Review story and concepts we’ve learned so far.

## ADVENTURE THEATER

## 3. Video: Episode #11

### Truth or Consequences

Al-x saves the old man and tells everyone what really happened. To his surprise, everyone cheered him on even more. The only question everyone had now was who won the fishing derby. Did Al-x or the old man?

## 4. Discussion

### How to Stop a Lie

Once you start a lie, it just wants to keep going and going and going. One lie usually leads to another lie, pulling everything into it. Sometimes lies get so big that the person telling the lie can even forget what the real truth is.

The best way to stop a lie is to not tell one to begin with. The second best way to stop a lie is to tell the truth.

When truth is spoken, the lie loses its power. This is true for lies you tell others, as well as lies you believe yourself.

## LESSON CLICK-CLASS

## 5. Video: Lesson #11 Roundabout



## 6. Activity

### Centripetal Force

Newton’s first law of motion states an object in motion tends to stay in motion. The same is true about a lie. Once a lie is set in motion it also tends to stay in motion. To demonstrate this, we’re going to do an experiment with centripetal force.

- Place a penny in a balloon.
- Blow up the balloon and tie the end.
- Turn the balloon upside down and hold by the tied end.
- Spin the balloon until the penny is swirling around the inside center of the balloon.

The penny spins around the balloon because of the centripetal force that pulls on it toward the center of the balloon. Just as a penny continues to circle around the inside of the balloon, so lies tend to keep going and going, encompassing everything, until even the truth can be forgotten and replaced with a lie.

## 7. Storytime

### 8. Video: Episode #11 Truth or Consequences

Al-x saves the old man and tells everyone what really happened. To his surprise, everyone cheered him on even more. The only question everyone had now was who won the fishing derby. Did Al-x or the old man?

## 9. Review

What do we know? What did we learn tonight?

## LEADERSHIP CHALLENGE

### 10. Leadership Challenge Pass-it-On Challenge

Do an anonymous kind act, then leave a note with a challenge for that person to do the same thing for someone else.

