

# Introductory Activity: Truth Truth Lie



## Summary

Truth Truth Lie is very flexible since it can be used for groups of various sizes or the entire session. Participants will learn facts about each other and introduce each other to the group (if it is played in groups). Participants guess which of three 'facts' about another participant is false.

## Details

**Time:** 5 - 10 minutes

**Best for session #: Any**

## Instructions

1. Divide participants into groups of 2-4.
2. Everyone will come up with two truths and one lie about themselves.
3. Participants take turn introducing themselves and presenting their three 'facts' to the group.
4. Group members must try to guess which of the three facts is the lie.
5. Once everyone has gone through this process, participants each choose another participant from their group to introduce.
6. Participants state the name, facts, and lie of their chosen group member.