

**A sample activity from
the Trainer's Activity Pack:**

Training Games for Trainers

Written by David Cotton & Keith Tanner

Thank you for downloading this sample activity.
You are welcome to use this material in your training
programs. This sample activity is just one of 135 contained
in Training Games for Trainers, published by
Owen-Stewart Performance Resources Inc.


16 Two truths and a lie


In brief

Introductory game.


What's it for?


An intriguing introductory game that can be played by groups meeting for the first time and by those who claim to know each other extremely well.

 **Numbers** - Ideally not more than twelve.

 **Time** - Total time: 45 minutes.

- Outline: 5 minutes
- Play: 35 minutes
 - Players' preparation: 5 minutes
 - Game: around 30 minutes with a group of twelve
- Debrief: 5 minutes

 **Props** - Paper and pens for players.

 **Preparation** - None required.

Play

- Each player is given 5 minutes to write down two true statements and one lie about themselves.
- Everyone introduces themselves using the two truths and a lie and the rest of the group has to guess which statements are true and which one is false.

Afterwards

Ask and discuss:

- What were the signs that people were lying?
- What was the most astonishing truth?
- What was the most outrageous lie?

Variations

1. Play using two lies and a truth.
2. Players use three statements, any of which may be true or false – the rest of the group has to guess. Allow longer for playing this variation.
3. Players interview each other in pairs, and then introduce each other with two truths and a lie (or one of the other two variations).

Notes

Be sensitive to the cultures of your players. In some cultures it is forbidden to lie.



Owen-Stewart Performance Resources Inc.

**163 North Port Road
Port Perry, Ontario
L9L 1B2**

Toll Free: 1-800-263-3399

Fax: 905-985-6100

Email: sales@owenstewart.com

Website: www.owenstewart.com