



# PARENT GUIDE

## Everfrost Mountain: Honesty Story Pack 1

### Hi Parents!

This quick guide will help you understand what your child will be experiencing in the Everfrost Mountain Honesty Story Pack #1 for Buddy Quest. It includes a brief overview of what your child is learning, as well as all the instructions and notes for their Real Hero Quests.

We want to make YOUR experience with Buddy Quest fun and easy, too. You will:

- 1. Receive notifications when your child has been given a “Real Hero Quest” in the game. They’ll be assigned one simple task in their real lives that reinforces the virtue they’re learning.**
- 2. Be prompted to have a simple chat with your child about the task. It’s a great chance for you to affirm the good things your child is doing.**
- 3. Tap your approval that the Real Hero Quest is done. This will let your child proceed in the game.**

That’s it! The more your child plays and experiences Buddy Quest, the more they’ll understand how virtues will make them a new kind of superhero.

After completing all the episodes in this Story Pack, your child will earn an Honesty badge. Each badge is a symbol of your child’s progress in mastering each virtue.

You are an awesome parent! Thanks for making Buddy Quest a part of your family’s life.

### Episode 1 Real Hero Quest

Your child is learning that honesty means being fully truthful. Their Real Hero Quest is simply to draw a picture that shows how they feel when someone lies to them.

After they complete their Quest, ask them to describe their picture to you and tell you what it means to them.

After your chat, tap the “Quest Complete” button.

Being honest is an essential virtue to develop as they grow older. So every time your child completes a Real Hero Quest, they’re doing more to cement lasting, positive character.

### Grow Deeper

Many parents have an automatic response when we catch our kids doing something wrong. We ask, “Did you do this?”

While we may want our child to admit to their mistake, the problem is we’re giving them an opportunity to lie, which they will do a surprising amount of the time. When cornered, we all have a tendency to push back, deny, or even fight back. Plus, now we have to deal with an extra problem—lying—rather than the actual trouble at hand.

Instead, communicate directly with your child about the specific issue. And, as with reinforcing any virtue, emphasize the importance of how their behavior—good or bad—affects your relationship.



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## Episode 3 Real Hero Quest

Your child is learning that, when you're honest, you don't have to hide things or worry about getting in trouble. This Real Hero Quest has them play a game of hide-and-seek with someone in the family (preferably a parent).

After your child completes their Quest, ask them:

**“Playing hide-and-seek is kind of like how some people try to hide their lies. What do you think happens when people try to hide their lies?”**

After your chat, tap the “Quest Complete” button.

This Real Hero Quest is helping your child be more honest in a genuine, memorable way. Keep being an awesome parent!

### Grow Deeper

“I’ve got nothing to hide.” That’s often what we say when we want to convince someone of our honesty and integrity. We value “transparency” in individuals and companies, because we don’t want them to be working and dealing in the shadows. And we like it when people live their lives as an “open book,” which usually means what you see is what you get.

Lying takes us to a dark place, a place of worry and anxiety. Where we have to cover our tracks and look over our shoulders. Where we become trapped by our own web of deceptions. There’s not much difference between that and being shackled up in a jail cell.

In the Bible, John 8:32 tells us that “the truth will set you free.” As parents, we need to emphasize to our kids the very real liberty that comes with telling the truth. When our kids see the peace we have when we live in the truth, it’ll reinforce, over time, their inclination to lie.

## Episode 5 Real Hero Quest

Your child is exploring how dishonesty can ruin their friendships. Their new Real Hero Quest is a tricky one: Find a coin, then find out how can you know for sure that the face on the coin truly is the person you think it is. They may need a little help from you in figuring it out.

After they complete the Quest, ask them:

**“What can we do when we want to find the real truth about something?”**

After your chat, tap the “Quest Complete” button.

### Grow Deeper

The truth can often be an allusive thing nowadays. One group of people says they know the absolute truth about something, while another group believes the complete opposite to be true. How do we adults discover the truth, let alone teach our kids how to find it?

One simple and effective approach is to look for evidence.

And one simple and effective way to look for evidence for the truth—especially truth about our faith and spiritual beliefs—is something called “God Sightings.” We often miss or overlook the many ways in which God is at work all around us. God Sightings give us a chance to share how we see God’s hand in our lives and the lives of others. And it works great with kids, too.

Give God Sightings a try around your next family meal together. Ask, “How did you see God at work in your life today?”, and then give everyone in your family a chance to answer.



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## Episode 7 Real Hero Quest

Your child is digging deeper into how honesty and trust work together. Today's Real Hero Quest is to write the names of three of the people your child trusts. Then they'll write one thing each of those people did that showed their honesty.

When your child completes the Quest, ask:

**“Why can't we trust people who aren't honest with us?”**

After your chat, tap the “Quest Complete” button.

You made a huge difference in your child's life today because you helped your child understand how important honesty truly is.

### Grow Deeper

We all lie. It's a simple fact of human nature. One study showed that 75% of people lie to their friends regularly. Another study revealed that the average person lies in 1 in 5 of their daily interactions. It's a wonder anyone trusts anybody!

Your children will lie, too. And it's likely that they'll see us as parents lie at some point. How can we build and maintain trust in our families when deception seems so inevitable?

It's essential for us parents to do two things with our kids when it comes to honesty and trust. 1. Admit to them that we all make mistakes. 2. Tell them (as often as possible) that we still strive for honesty in everything we do. Let there be no doubt that your family values the truth, and that honesty builds trust, which is the glue that holds your family together.

## Episode 9 Real Hero Quest

Here's the final Real Hero Quest in this Story Pack. Your child has been learning all about the importance of honesty in earning and keeping the trust of others.

Take three small strips of paper, and on each of them write one lie you've told someone. Think about how being honest would have made your relationship better with that person. Then wad those pieces of paper up and throw them away as a sign of your commitment to being truthful with your friends and family.

You don't need to ask your child about what they wrote down on those strips of paper. Instead, after they complete the Quest, praise them for completing it, then assure them that if they aren't sure about how honest they should be in a situation, ask a trusted grown-up to help them figure it out.

Now tap the “Quest Complete” button.

### Grow Deeper

What do you do when your child isn't truthful?

#### 1. Make it safe for your child to tell the truth.

Kids often lie because they're afraid of what's going to happen next. They might be fearful of getting punished. They might be afraid of being humiliated or embarrassed. When pushed in a corner, their natural instinct is fight or flight. Of course, consequences do happen. But be gentle with your kids when you know they've trapped themselves in a lie. Give them a chance to save face and see beyond the consequences.

#### 2. Don't put words in their mouths.

When trying to get at the truth, we often throw out suggestions or options for our kids to choose from, as if the truth were a multiple choice quiz. Don't “lead the witness,” in other words. Let your kids speak for themselves, and don't force them into a confession. They'll talk when they're ready.

#### 3. Always bring it back to the relationship.

Your kids don't need another lecture about all the reasons lying is wrong and all its negative consequences. But they do need to understand, in as simple terms as possible, that lying hurts your relationship. It doesn't make you love them less, but it does make you trust them less. When kids understand that relationship is everything, they'll be motivated to lean toward the truth.