

Two Truths, One Lie

SCAN TO SEE IT PLAYED



Two things about you are true — can anyone spot the lie?

The core game

How it works

- 1 Each player thinks of two true facts about themselves and one convincing lie
- 2 One player reads out all three statements in any order, keeping a poker face throughout
- 3 The other players discuss and vote on which statement they think is the lie
- 4 The player reveals the answer — anyone who guessed correctly scores a point, then the next player takes their turn

Ways to play

Two versions for every occasion

Way 1 — Small Group Round

Best for 3–8 players · Classroom, workshop, or family table

- Give everyone 2 minutes to quietly think of their two truths and one lie
- Take turns going around the circle — each person states their three things in any order
- After each set, the group votes on which they think is the lie
- The player reveals their lie and anyone who guessed right scores a point
- Play until everyone has had a turn — highest score wins, but the real prize is all the surprising things you learn about each other

Way 2 — Family Dinner Edition

Best for 2–5 players · Home, no materials needed

- Take turns around the table — no prep time needed, just think on the spot
- After each person shares their three statements, everyone points at the one they think is the lie on the count of three
- The person reveals their lie and explains the truth behind their two true statements
- No scoring needed — just enjoy the stories and the surprises
- Challenge: try to include one truth so wild that everyone thinks it must be the lie

TIP FOR PARENTS

Try this at home

Go first and make your own lie genuinely tricky — when kids see adults being vulnerable and playful, they feel safe to open up and share surprising things about themselves too.

THE SCIENCE OF
PLAY

Why it works

This game builds deep connection quickly because it invites people to share genuine, personal details in a low-stakes and playful way. Trying to detect deception also activates social attunement — kids practise reading facial expressions, tone, and body language without even realising it.

SCHOOL ' HOME

The connection

Your child played Two Truths One Lie today as a way to get to know their classmates — try it at home and you might discover something about your own child that surprises you!