
FREE FAMILY LESSON · AGES 9–14 · 20 MINUTES

Spot the Lie

Your child sees a hundred claims a day. This is the 2,000-year-old method for telling which ones are tricks — in one 20-minute lesson at the kitchen table.

Five tricks. One challenge. No teaching experience needed.

THE SEVEN ARTS · LESSON ONE: LOGIC

Before you start (parents only)

Adverts, influencers, group chats, AI-generated everything. Your child swims in claims all day, and nobody has ever shown them how to check one. Schools used to teach this. It was called Logic, it sat in the curriculum for about two thousand years, and it quietly vanished. This lesson brings a small piece of it back.

You're not going to teach five fallacies. You're going to play a game: learn five tricks people use to get past your brain's defences, then compete to spot them. That's it. The thinking happens on its own.

How to run it

1. Don't announce a lesson. Say: "I found this thing — apparently most adults can't spot these five tricks. Reckon you can?"
2. Read the five tricks together (pages 3–5). Two minutes each. Swap your own examples as you go — theirs will be better than yours.
3. Do the challenge on page 6 separately, then compare. Loser makes the tea.
4. Don't lecture. If they beat you, lose gracefully — a child who out-spots a parent retells the story all week, and retelling is learning.

One more thing: the goal isn't a cynical child who trusts nothing. It's a child who knows the difference between being persuaded and being played. The last page of the challenge makes exactly that point.

The five tricks

Trick 1 — Attack the Player

Instead of answering the idea, they attack the person who said it. "Well, she would say that, she's a teacher." Notice what happened: the idea never got examined. The messenger got shot and everyone moved on.

In the wild: half of every comment section. Politicians do it for a living.

Ask: "Forget who said it — is the idea itself true?"

Trick 2 — Hurry! Panic!

"Only 3 left!" "Offer ends tonight!" "Everyone needs to see this before it's deleted!" Urgency is a trick with one job: to stop you thinking. A brain in a hurry checks nothing. Almost nothing real disappears at midnight.

In the wild: shopping sites, ticket resellers, chain messages, clickbait.

Ask: "Why does this need me to decide RIGHT NOW? Who benefits if I don't think?"

Trick 3 — Everyone's Doing It

"10 million people can't be wrong." They absolutely can. Popularity measures how catchy something is, not how true it is. Some of history's worst ideas were extremely popular, and plenty of true things were believed by almost nobody at first.

In the wild: "Everyone's buying it", viral trends, "most-watched", follower counts used as proof.

Ask: *"If only three people believed this, would the evidence still stand up?"*

Trick 4 — The Fake Expert

A footballer selling crypto. An influencer explaining vaccines. A celebrity chef on climate. Fame in one thing gets borrowed as authority in everything — but being brilliant at free kicks tells you nothing about finance. Real experts are usually specific, boring, and happy to show their working.

In the wild: celebrity ads, "as seen on TV", influencers paid to look sincere.

Ask: *"Is this person an expert in THIS — and are they being paid to say it?"*

Trick 5 — The Perfect Picture

Before-and-after photos. "I made £4,000 in a week." The flawless skin, the spotless kitchen, the one glowing review. When something looks too clean, the trick is in what you're NOT being shown: the hundred people it didn't work for, the lighting, the filter, the returns policy.

In the wild: diet ads, get-rich content, AI-generated images, estate agent photos.

Ask: "What would the unedited version look like? What aren't they showing me?"

The one question that beats all five

Every trick on these pages is trying to make you feel something — angry, rushed, left out, impressed, envious — so that you skip the checking. So the master question, the one the ancient Greeks built a whole subject around, is simply:

"What do they want me to FEEL — and what happens if I think instead?"

Feel the pull. Then check anyway. That single habit is most of what Logic is.

The challenge: spot the trick

Six claims. Five use a trick from this pack — one is honest. Write your answers separately, then compare. (Parents: answers are on the next page. No peeking. They will check.)

- A. "FINAL HOURS! This trainers deal vanishes at midnight — 2,000 people are on the page RIGHT NOW!"
- B. "Don't listen to the doctor on this — she drives a rubbish car, what would she know?"
- C. "This phone has a 6.1-inch screen, 128GB of storage, and the battery lasted 14 hours in our test. It costs £399."
- D. "Over 2 million teenagers have switched to this app — are you seriously still not on it?"
- E. "As a Love Island finalist, I can tell you these vitamin gummies transformed my immune system."
- F. "I turned £200 into £9,000 in a month. Here's a screenshot of my account. Anyone can do this."

Bonus round: tonight, each of you find ONE real example of any trick — an advert, a post, a message — and bring it to the table tomorrow. Hardest find wins.

Answers

A — Hurry! Panic! Midnight deadlines and live visitor counts exist to switch your thinking off. The deal will mysteriously still be there tomorrow.

B — Attack the Player. The doctor's car has nothing to do with whether she's right. Idea never examined; messenger shot.

C — The honest one. Specific, checkable facts, a clear price, no feelings required. Notice how it doesn't push — honest claims rarely need to.

D — Everyone's Doing It. Two million users tells you it's popular. It doesn't tell you it's good, safe, or right for you.

E — The Fake Expert. Reality TV fame is not immunology. And she was probably paid — which she may not mention.

F — The Perfect Picture. One screenshot, zero context. Where are the people who lost £200? Screenshots take ten seconds to fake.

Dinner-table questions (use over the next week)

- "Seen any trick from the pack today? Which one?"
- "Which trick do you reckon works best on ME?" (Brace yourself.)
- "Find me an advert that DOESN'T use any trick. Harder than it sounds, isn't it?"

What you just did has a name

That was Logic — one of the seven subjects that made up education for the best part of two thousand years. Grammar, Logic, Rhetoric, Arithmetic, Geometry, Music, Astronomy: the Trivium and the Quadrivium. Not facts to memorise, but the tools for thinking itself — the things no app can do for you, and no AI can take from you.

We're building The Seven Arts: a family course that teaches all seven, one kitchen-table lesson at a time, in plain English, no teaching experience needed. Logic is lesson one. You've just done a piece of it.

Two things, if this landed:

1. Reply to the email this pack came in and tell us how the challenge went — especially who won. Every reply genuinely gets read, and it shapes what we build next.
2. Watch your inbox. Course updates — and the next free lesson — come by email first.

rewiredforparents.co.uk

© 2026 Rewired for Parents · You may share this PDF freely, unchanged.