



Liar, Liar

An Amazing
Fact a Day

The World's Biggest Liar is a competition held every year in the Lake District in Cumbria – contestants have 5 minutes each to tell the biggest and most believable lie possible. Politicians are not allowed to enter because they are believed to have an unfair opportunity to practise.

You could try to find out:

- what some of the past winners have lied about;
- how lie detector tests work;
- what body language clues people might give off to suggest that they are lying;
- what some of the most successful lies in history have been.

Activity

For most people, lying makes their heart race and they start to sweat. A polygraph machine detects lies by looking for signs of these physiological changes while the subject is asked and answers a series of questions.



Can you spot a liar?

Each person in your group is to take one of the cards below. Do not let the other group members see the cards. Everyone has 5 minutes to talk about that statement and make it sound as truthful as they can. Can you spot who is lying and who is telling the truth?

Truth

Talk for 5 minutes about something that is true for you e.g. something you really own, something you truly enjoy or a sport you actually play etc.

Lie

Talk for 5 minutes about something that is not true for you e.g. make up something you own, something you enjoy or a sport you play etc. Make it sound as truthful as you can!

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