

# Integrity



Hello Parents and Guardians,

Welcome to Unit 4 of our Kindness in the Classroom curriculum! For the next 6 weeks we will be learning all about INTEGRITY. We will dedicate 30 minutes once a week for our main lesson, with a few 15 minute mini lessons sprinkled throughout our week to help your child go deeper with the concept. We will end the unit with a project that we will all work on together. Since this topic is fairly new to many students, we will be exploring the following topics:

## GOALS FOR THIS UNIT

- ✓ Examine their own level of integrity across a variety of situations, both with peers and individually.
- ✓ Practice creating and accomplishing SMART goals.

TOPIC	QUESTIONS WE'LL BE EXPLORING	HOW YOU CAN HELP
<b>Honesty</b>	<ul style="list-style-type: none"><li>• Why is honesty the best policy?</li><li>• Why is it easier to be honest in some situations and not others?</li></ul>	Talk with your child about the power of “white lies”. Discuss what might happen when we get into a habit of lying to make ourselves look better.
<b>Integrity</b>	<ul style="list-style-type: none"><li>• What is Integrity?</li><li>• Why is it important to be honest in your actions, even when no one else is around?</li><li>• How does choosing to do what is right and kind in every situation affect your reputation?</li></ul>	Discuss the idea of your reputation. How can lack of integrity cause others not to trust you? Brainstorm ways to make wise choices during times of temptation.
<b>Perseverance</b>	<ul style="list-style-type: none"><li>• How can we use honesty to reach our goals?</li><li>• Why is it important to keep trying when something is hard?</li><li>• How does cheating hurt us in the long run?</li></ul>	Explore goal setting with your child. If you have recently accomplished a goal, discuss how you were able to do so. If not, look back on your life and talk about one goal you’ve accomplished (school, job, etc.). What motivated you?

## TRY THIS AT HOME!

As a household, identify one large goal that would increase kindness and positivity. Write it down using the SMART acronym to help you- S=Specific M=Measurable A=Attainable R=Realistic T=Time Sensitive. Ask your child for further details. They have been working on them throughout the entire unit!

We will continue our Kindness in the Classroom curriculum throughout the year. Please join us on this journey using this handout and the at home activity as a way to connect with your child regarding our unit concept. Feel free to contact me with any questions or comments as we move forward.

Sincerely,