

KINDNESS AT HOME™ JOURNAL

INTEGRITY • Week 1 • Ages 8-12

The topic of integrity can feel confusing, but when we break it down it becomes easier to understand. One way to practice integrity is to choose kindness all the time- even if you are alone, even if you're tired, even if you feel like it's someone else's turn. You will always feel better if you choose to do what is right and kind in all situations. What are some small ways you can act with more integrity today?

Remember:

INTEGRITY means acting in a way you know to be right and kind in all situations.

Think about the choices you make daily:

- What choices do you make when no one is around?
- Would you change your choices if you were with other people?

YOUR TURN

Journal Prompt this week:

Do you make different choices when no one is around? How can you make sure that you act with integrity in all situations?



Think back to a decision you made that you are not very proud of. Why do you think you made that choice? What would a better choice be next time?

Think about a time when you were tempted, but did not give in. How were you able to stay strong? **Draw or write about it below!**

Take a look at your friendships. Do your friends help you to be honest? If not, how can you talk to them to change this?

Your parents think your schoolwork is finished and rent a movie to watch. You haven't finished your work yet. What do you do?

Draw or write your answer below.