

Examination of Integrity

KINDNESS AT HOME™
INSPIRE • Week 2 • INTEGRITY

Lesson Timeframe

15-20 mins

Materials

- ☐ Journal
- ☐ Pencil or Drawing Supplies



Inspire

How we act and the trust our family members have in us is crucial when trying to create a kind and loving home. Honesty and integrity are at the core of this. **Integrity is acting in a way you know to be right and kind in all situations.** What does this look like at home? How do you show integrity in the way you talk about other family members? the way you treat items in the home? the way you act when no one is around? This week, we will be focusing on integrity and what that looks like even when others are not watching us. Our behavior speaks volumes about who we are. It's important that it lines up with what we believe and what we want others to see in us.



Discussion Starter

Discuss the definition of integrity and have everyone give one example of integrity that you would expect to see in your family. (For example: If a store clerk gives you too much change back, you would correct the amount and give back what wasn't yours.) If you get stuck, ask for suggestions in the following situations: when you are hungry, when you are shopping, when you are alone in your room, when you have homework, and when you are late.



Journal Prompt

It's very important to be genuine in your words and actions, Do your words match up with your actions? Integrity means you act in a way you know to be right and kind in all situations. In your journal, choose one of the following to help you grow and/or reflect on this topic.

- **DRAW:** Draw a picture that represents your family acting in right and kind ways in all situations.
- **DO:** Practice responding to the following "What do you do?" scenarios with *integrity*:
 - You aren't supposed to watch TV until you've finished your homework. You aren't done yet, but your favorite show is coming on. **What do you do?**
 - Your parent/guardian asks you to clean the bathroom but you don't want to. **What do you do?**
 - You are going to the movies and decide to bring your own candy from home to save some money. When you get to the theater, you see a sign that says "No outside food permitted." **What do you do?**
- **WRITE:** What are some hard choices you've had to make that required integrity? (Examples include: Not cheating on a test even though your friends were, and not eating a cookie because your parent/guardian asked you not to, even though they would never know you took one.)



Kindness Hack

Having integrity as a family is just as important as it is for an individual. If you are ready to go the extra mile, try this:

- Write down your family values, rules, or expectations and post them by the door so everyone is reminded of them before they leave the house for the day. Focus especially on demonstrating integrity to uphold your family values, rules, and expectations even when they aren't all together.

