

KINDNESS AT HOME™ JOURNAL

INTEGRITY • Week 2 • Ages 4-7

It's very important to be honest in your words and actions. Do your words match up with your actions? Or do you sometimes say things you don't mean so you don't get in trouble? It can be tempting to lie or make bad choices when no one is around. However, you will still know the truth. Choose honesty and kindness and you have no reason to feel bad about your choices!

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

This week we will practice making good choices. Read on to practice integrity at home.



YOUR TURN

Journal Prompt this week:

Your dad baked some cookies and left them on the counter. You walk by alone and see a broken one. What do you do?

Draw a picture below.



You took your sister's toy without asking and it broke. What do you tell her?

Draw your answer below.

You forgot your homework at school. Your mom asks you if you have any work for the night. What do you say?

Draw your conversation below.

You stay up late talking to your brother. You are very tired the next day. Your dad asks you why you are so sleepy. What do you say?

Draw or write it below.

Your sister took an extra snack after dinner and is eating it in your room. Your mom finds the trash and asks you where it came from. What do you say?

Draw it below!

