

## KINDNESS AT HOME™ JOURNAL

### INTEGRITY • Week 4 • Ages 8-12

We often think of integrity as simply right or wrong. However, many activities can be looked at on integrity levels. One example is sneaking candy into a movie theater. Do you think it is wrong? Why or why not? What negative things might happen for the business if everyone did this? These are all tough questions that can help you check in with your personal integrity as you make decisions throughout your day.

Remember:

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

This week you will practice thinking about activities that challenge your integrity.

### YOUR TURN

Journal Prompt this week:

Think about a behavior you do that isn't completely honest. This could be something simple like leaving trash on the lunch table or sneaking food into the movie theater. Do you think this behavior is wrong? How might it negatively affect others? Really spend some time thinking about how your small action could cause a trickle effect for those you might not even interact with.



Your mother accidentally gives you too much lunch money. You do not realize this until you get to school. What might happen if you do not bring back the extra money?

Your teacher gives you praise for a project that you didn't work on. You are embarrassed and simply smile and nod without speaking up. Your friend, who completed the work, is there as well. How can you use integrity to fix this situation?

Think back to a time when you cut corners to finish a chore you didn't like. What corners did you cut? How might that negatively affect others after you finish? (Example- you quickly wipe off the table without cleaner and someone gets sick from the germs that were left behind).

Your sister and you were up too late. Your bus driver asks the two of you why you are so tired. Your sister starts to lie. What do you do?