

## KINDNESS AT HOME™ JOURNAL

### INTEGRITY • Week 4 • Ages 13-Adult

We often think of integrity as simply right or wrong. However, many activities can be viewed on a scale of integrity. One example is sneaking candy into a movie theater. How would you rate this behavior? Do you think it is wrong? What justification might you give? What negative consequences might happen for the business if everyone did this? These are all soul searching 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 rating the integrity level of common compromising activities while brainstorming solutions that act in a way you know to be right and kind.

### 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.**





