

## KINDNESS AT HOME™ JOURNAL

### INTEGRITY • Week 1 • Ages 4-7

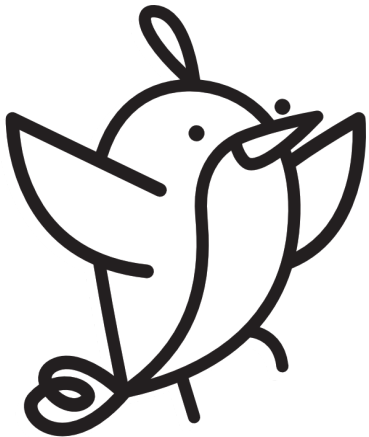
Integrity starts with honesty. Being honest is an important skill so that others can trust you. Your words and actions should always be honest, even when no one is watching.

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.

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

Think about the choices you make each day:

- 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:

When we can identify the people, places, and things in our home, it makes it easier to focus on them as we learn more about RESPECT.

*Draw a picture of yourself choosing integrity at home. How were you able to act in a way that you know to be right and kind?*



Think back to a decision you made that you are not very proud of.

*Draw a picture of a better choice next time you are faced with this decision.*

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!*

*Draw a picture of a friend or family member that helps you to be honest and kind.*

It is easier to practice integrity when others stand by you!

Your parents think your room is clean and rent a movie to watch with you. You didn't clean your room yet. What do you do?

*Draw or write your answer below.*