

Levels of Integrity

KINDNESS AT HOME™
ACT • Week 4 • INTEGRITY

Lesson Timeframe

10 min set up
10 min daily discussion

Materials

- ❑ Poster board or blank wall
- ❑ 10 pieces of paper
- ❑ Tape



ACT

We have spent this entire month focusing on what integrity is and how important it is when building trust with others in our home. Now it's time to act on what we've learned! This week the goal is to examine common behaviors within our family and rate them using levels of integrity. Remember, **Integrity is doing what you know to be right and kind in all situations.** Some situations naturally lend themselves to “white lies” or omitting the truth, while others are more easily categorized as flat out dishonest. This week we will take time to examine 10 or more common scenarios to our family and rate them on an integrity scale of 1-10, with 1 being no lack of integrity, and 10 being complete lack of integrity. **Note: Connect this back to honesty for younger family members.**

PREP:

Take time together to create the following:

- A large poster (or designated wall space) to track each activity
- A list of 10-20 activities that happen within the family that might be considered dishonest or questionable (write each one down on a piece of paper)

The following are examples:

Sneaking food into a movie theater
Not telling a hotel how many children you have
Eating a cookie when no one is around
Cutting corners on chores
Lying about where you have been
Identify 5 more based on your own household!

PROJECT:

As a group, select one piece of paper and read aloud the questionable activity. Then discuss the following :

- On an integrity scale of 1-10 with one being no lack of integrity and 10 being a complete lack of integrity, where would this activity rank? (Try to choose a different level for each activity.)
- Why might this activity lack integrity? (It's sneaky, we have to lie, etc.)
- Why might you justify this activity? (Everyone does it! Movie food is expensive!)
- What negative effects might happen if I choose this? (The movie theater cannot stay in business, etc.)
- What better choice can I make instead? (Save money for candy, not eat it, share with siblings, etc.)



Level Up!

Want to take your Levels of Integrity to the next level? Work as a family to identify possibly challenging situations within the community that each person might face (such as bullying and peer pressure). Work together to brainstorm ways to practice integrity while saving face.