

Just Keep Trying

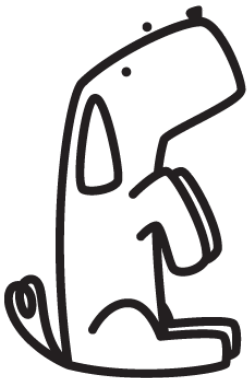
KINDNESS AT HOME™
EMPOWER • Week 3 • INTEGRITY

Lesson Timeframe

15-20 mins

Materials

- ☐ Journals
- ☐ Pencils or other writing tools



Empower

Last week we talked about the importance of honesty and integrity in a variety of situations within our household. This week we will focus on discipline and perseverance using integrity, which can be difficult when we want to cut corners or finish quickly. Remember, **Integrity is doing what you know is right and kind in all situations.** Sometimes this means doing something more than once or taking more time to do something right. However, showing others that you are trustworthy, disciplined, and hardworking allows them to trust you with more responsibility and freedom in the future. This week, use what we have learned thus far to empower you to use integrity and self-discipline to persevere when times are tough.



Discussion Starter

Having integrity and acting in a way that we know to be right and kind in all situations requires perseverance. Sometimes we don't make the right choices but we always can the next time.

Divide up into pairs and create a roleplay around a wrong choice they made in the past.

Allow each pair to act out their scenario. Other family members can guess the scene.

After each roleplay, guide a discussion using the following prompt: **We need to keep trying when we fail. Based on your roleplay, how will you make a different and better choice next time?**



Journal Prompt

It can be very tempting to cut corners and compromise your integrity to finish something unpleasant or boring. However, without integrity members of your family may not trust you. In your journal, choose one of the following to help you grow and/or reflect on this topic.

- **DRAW:** Draw a race track (a large oval with 3-5 lines to create "lanes"). On the track, draw or write down some things you do that take hard work like making your bed every morning, practicing your reading/letters, or using kind words. Acting with integrity by forming good habits or completing tasks is a little like a race: it takes hard work and perseverance to keep going!
- **DO:** Create a T-chart and write down situations when it's easy (on the left) to show integrity and when it's more challenging (on the right). What can we do to show integrity, even when it's hard?
- **WRITE:** What keeps you motivated to make good choices? How can your family help you with this? How can you help others in your family persevere in making good choices?



Kindness Hack

Integrity and perseverance go hand in hand. If you are ready to go the extra mile, try this:

- Put motivational quotes about integrity and perseverance on all the mirrors in the house for the rest of the month, and at the end discuss the impact those motivational messages had on everyone.