KINDNESS AT HOME

This month's focus: **INTEGRITY**

FILLING OUR **HOME** WITH **INTEGRITY**

According to the Random Acts of Kindness Foundation, **INTEGRITY** means acting in a way you know to be right and kind in all situations. This month, we are going to focus on having more integrity in our families. This might sound complicated, but really it's easy! Simply choose kindness all the time - even if no one will notice, even if you're tired, even if you feel like it's someone else's turn. You will always feel better if you choose to do what is right and kind in all situations. What are some small ways you can act with more integrity today?
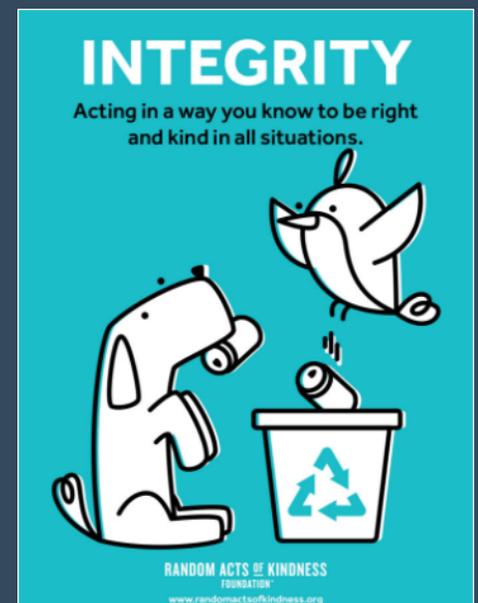
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INTEGRITY

Acting in a way you know to be right and kind in all situations.

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Showing Integrity

This month we are talking about **integrity** and what that means for us at home and in our families.

The first thing to discuss as a family is the definition of **integrity**. This might be a harder one; younger kids, especially, may not have heard of this word before. What does it mean to to have integrity? What does integrity look like to your family?

Here are some ideas to get you thinking about how you can show more integrity at home:

- Clean your room without being asked.
- Help a sibling who is struggling, even if a parent or guardian isn't there to see you do it.
- Complete all homework and chores before doing something else that you'd rather do.
- Always tell the truth.
- Use manners.
- Offer to do a household job or task that someone else usually does (take out recycling or set the table).
- Apologize if your words or actions hurt someone.

How else can you be intentional about doing what is right and kind in all situations at home?

Talking about Integrity

Discussions & Journals

Because it is important that you talk openly about **integrity** -- what it means to you, what it means for your family, and how you actively work to show integrity -- you will receive weekly discussion and journal prompts to help start these conversations. This is a great way to think more about integrity and how to practice it. Get started this week with the following prompts:

Discussion: Discuss the right and kind thing to do in the following situations:
- Someone baked cookies and left them out to cool; there is a note that says "Do not eat." No one is around. What do you do?
- Your parent/guardian just got home from the store and you know they have a lot of groceries to carry in. What do you do?
- You can see your little sister struggling with homework. She puts her head down and throws her pencil. Finally she gets up and goes to watch TV. What do you do?

Journal (older): How does your family define integrity? How does it compare to the RAK definition?

Journal (younger): List out all of the kind things you can do at home, even if no one is watching you do them or will thank you later.

"Integrity is the choice between what is convenient and what is right."

~Tony Dungee

Integrity

Here are some things you can do this month to practice integrity.
What else can you and your family do?

What Random Acts of **Integrity** will you do today?

SUN	MON	TUE	WED	THU	FRI	SAT
	Do "what if?" scenarios as a family and practice making right and kind choices.			Let someone else have the first helping of a meal or the last treat.		
Did you tell someone that you'd do something for them? Follow through today.		If you hear gossip, tell the other person it isn't right to speak badly of other people and change the subject.			Reflect on your week so far; have you worked to make right and kind choices in all situations?	
	Make sure you are intentional about apologizing when you do something wrong - even if accidentally.		Be honest without being rude.			Don't take short cuts today; finish what you start!
		Evaluate a situation in the media or on the news; does it show integrity? Why or why not?		Go around the table and say one act of integrity you saw that day.		
Discuss a situation where you would want to speak up but might feel hesitatnt to do so.						

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