

## KINDNESS AT HOME™ JOURNAL

### INTEGRITY • Week 2 • Ages 8-12

Your words and actions represent who you are. Do your words match up with your actions? Or do you sometimes say things you don't mean to avoid trouble? It can be extremely tempting to make bad choices when you are alone because it is unlikely that you will get caught. However, you will still know the truth. Choose honesty and kindness and you have no reason to feel bad about your choices!

Remember:

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

This week we will practice making good choices. Read on to practice integrity at home.

### YOUR TURN

Journal Prompt this week:

Your dad baked some cookies and left them on the counter. You walk by alone and see a broken one. What do you do? **Draw a picture below.**



You took your sister's favorite toy without asking and it accidentally broke. What do you tell her? **Draw or write your answer below.**

You forgot your reading homework at school. Your mom asks you if you have any work for the night. What do you say?

You stay up late talking to your brother. You are very tired the next day. Your dad asks you why you are so sleepy. What do you say?

**Draw or write it below.**

Your sister took an extra snack after dinner and is eating it in your room. Your mom finds the trash and asks you where it came from.

What do you say? **Draw it below!**