

Integrity



Hello Parents and Guardians,

Welcome to Unit 4 of our Kindness in the Classroom curriculum! For the next 6 weeks we will be learning all about INTEGRITY. We will dedicate 30 minutes once a week for our main lesson, with a few 15 minute mini lessons sprinkled throughout our week to help your child go deeper with the concept. We will end the unit with a project that we will all work on together. Since this topic is fairly new to many students, we will be exploring the following topics:

GOALS FOR THIS UNIT

- ✓ Examine their own level of integrity across a variety of situations, both with peers and individually.
- ✓ Practice creating and accomplishing SMART goals.

TOPIC	QUESTIONS WE'LL BE EXPLORING	HOW YOU CAN HELP
Honesty	<ul style="list-style-type: none">• Why is it easier to be honest in some situations and not others?• What can you do when you are afraid to tell the truth?• How can you practice honesty among peers?	Discuss peer pressure and honesty with your child. It can be very tempting to lie to fit in, but lies always surface in the end. Encourage your child to seek out friends that like them for who they truly are.
Integrity	<ul style="list-style-type: none">• How is integrity connected to honesty?• Why is it important to be honest in your actions, even when no one else is around?• How can lack of integrity cause others not to trust you?	Discuss ways to resist temptation when no one is around. Encourage your child to listen to their gut when something feels off or wrong.
Perseverance	<ul style="list-style-type: none">• How can we use honesty to reach our goals?• Why is it important to keep trying when something is hard?• How does cheating hurt us in the long run?	Explore goal setting with your child. Discuss a goal you have in your life right now. What is the first step you plan on taking to move forward?

TRY THIS AT HOME!

As a household, identify one large goal that would increase kindness and positivity. Write it down using the SMART acronym to help you- S=Specific M=Measurable A=Attainable R=Realistic T=Time Sensitive. Ask your child for further details. They have been working on them throughout the entire unit!

We will continue our Kindness in the Classroom curriculum throughout the year. Please join us on this journey using this handout and the at home activity as a way to connect with your child regarding our unit concept. Feel free to contact me with any questions or comments as we move forward.

Sincerely,