

Integrity

This is the final week of our Integrity unit. Students will apply their understanding of integrity and use it as a tool to persevere towards both small and large scale goals.

Begin the unit with the whole class lesson and then aim to complete at least two of the mini lessons with your students throughout the week. Each mini lesson is designed to present elements of the main lesson in new and engaging ways.

Main Lesson

Whole Class Lesson
30 minutes



Seeing It Through

Students will work together to identify goals based on the steps provided and identify additional steps needed to succeed. (See page 2 for lesson details.)

Mini Lessons

For Small Groups
15 minutes



Honest Character Traits

Lead us! What are the traits of a leader that leads with honesty and integrity? Create a spiderweb illustrating needed traits to being a successful leader. Don't forget to include statements that reflect honesty and integrity.

For Partners
15 minutes



Secret to Success

With a partner, identify one "secret to success". Write your secret out onto a piece of poster board and hang it up outside the classroom to inspire others!

For Individuals
15 minutes



Success T Chart

Research someone you look up to (famous or not). Make a T-chart. On the left side list 3-5 struggles they encountered. On the right side, highlight how they overcame each struggle to achieve their goal.

Technology-Focused
15 minutes



Personal Goal

Identify one goal you have around technology use. Using the SMART goal handout provided, outline steps needed to accomplish your goal. Share your goal and reasons for selecting it with the class.

Seeing It Through

Students will work together to identify goals based on the steps provided and identify additional steps needed to succeed.

Lesson Timeframe

30 minutes

Required Materials

- Bell or Buzzer for each team (can use a fly swatter, or other object of your choice)
- Sticky notes
- Pencils

Standards Map

This lesson aligns with CASEL Competencies, National Health Education Standards, International Society for Technology in Education Standards, when applicable, and Common Core State Standards. Please refer to the [Standards Map](#) for more information.

Lesson Objective

Students will:

- Explore previously attained goals and successes and examine the feelings associated with this.
- Practice making and achieving goals using the SMART goal process

Teacher Connection/Self-Care

A final component of integrity is perseverance. Teachers know perseverance. Teaching is a marathon, not a sprint. It is not for the faint of heart. Teachers must be both content expert and sociologist; both classroom manager and curriculum developer; both hall monitor and life coach. There is no stopping from morning bell to end-of-day bell. This job takes perseverance! Perseverance can be exhausting, though. How do you make it bell to bell? How do you come back Monday-Friday, knowing your weekends will be filled with lesson planning and grading? How do you also coach sports or give music lessons or sponsor clubs and activities? How do you have a family and a life and hobbies? Teaching is a tall order. When your perseverance tank is running low, take some time to fill it up. This might look like doing self-care practices at school: do some breathing exercises between periods or eat, instead of grade papers, during lunch. This might be saying, “no” to something that puts you over the top. This might be letting students grade their own spelling test or math quiz or art project. Send students on a digital field trip instead of lecturing. Think of new and innovative ways to help you keep moving forward. You do not have to do it all or do it all alone.



Share

3-5 minutes

Let's take some time to review the definition of perseverance. How would you define it for yourself? (Invite student responses.)

Great answers! Perseverance is when you keep trying even when something is difficult, and you refuse to give up. When we persevere to achieve our goals, we experience the success of accomplishment.



Inspire

15 minutes

This is our final lesson in our integrity unit. This week we will focus on integrity and how it relates to perseverance and success. Each of us has experienced some type of success in our lives, even if we don't realize it! We have learned how to read, write, speak, walk, and run; the list is endless. However, some goals take much longer to accomplish and require you to plan ahead and persevere through struggles or trials.

How does it feel to be successful? Think back to a time when you achieved a long term goal, learned a difficult skill, or received a special award for your accomplishments. Now, close your eyes and picture the precise moment when you felt successful; maybe it was when the new skill was no longer a struggle or when you hung your award up for all to see.

- How did you feel?
- What did you do to celebrate your success?
- Were you able to achieve this goal with integrity and perseverance?

(Invite student responses.)

That feeling can be contagious! This week we will work on creating goals and achieving success through perseverance, while remaining true to ourselves. It can be tempting to cut corners, copy others, or even cheat to reach your goal. However, the feeling of satisfaction you just remembered came from a place of integrity. Staying true to what you know to be right and kind is a true characteristic of a successful person.

It can be very tempting to set the bar low when you decide on your goals for the activities we discuss this week. Many people fear "failure" and set simple goals instead of challenging themselves. However, failure is actually a part of any true success. We are not perfect and the path we take to success won't be either. Success takes practice, integrity, and perseverance even when we are struggling with things. When we encounter a roadblock along our path to success, we must reevaluate our steps, make changes, and sometimes seek help if we cannot achieve a specific step on our own. These are all terrific tools towards success and none of them make us weak or less successful. However, bending the truth, skipping important steps, and looking for the easy way out are all options that require a lower level of integrity, which is something we want to avoid at all costs!



Empower

15 minutes

Explain that the class will now play a guessing game to identify goals based on the steps given. Teams will compete against each other to correctly guess the mystery goal using only the steps provided by the teacher. Each correct goal is worth 5 points. In addition, the remaining two teams may receive a point if they can identify one additional missing step that would need to be included towards accomplishing the mystery goal.

Directions:

- Divide the class into 3 equal teams (or close to equal as possible).
- Read the steps for the first mystery goal aloud.
- The first team to “buzz in” (you can use bells, fly swatters, etc. to ring in) is allowed one guess at the mystery goal.
- If they answer correctly, they receive 5 points.
- If they are incorrect, one of the other teams can buzz in and answer.
- After the mystery goal has been identified, the remaining two teams are both allowed one opportunity to add a missing step to the goal.
- Repeat until one team reaches 20 or until you have completed all 6 rounds.



Reflect

5-7 minutes

Provide each student with a sticky note. Have them write a positive phrase connected with success and place it on your classroom door as they leave. The anonymous slips can serve as a reminder throughout the week that anything is possible with integrity and perseverance!

Mystery Goal Handout

Mystery Goal #1

Become a Journalist

- Write daily
- Ask others to read your writing
- Send your writing to a newspaper for publication

Mystery Goal #2

Become a Professional Football Player

- Eat healthy and get enough sleep
- Wear proper padding when playing
- Watch videos of you passing and receiving to help you improve

Mystery Goal #3

Get an A on a Test

- Study problems every night
- Complete your daily homework
- Get enough sleep

Mystery Goal #4

Get Elected Student Body President

- Talk with classmates about important issues
- Learn about how elections work
- Make promises you can keep

Mystery Goal #5

Get Hired at Your First Job

- Create a resume
- Volunteer in your community
- Dress nicely for your interview

Mystery Goal #6

Learn How To Paint Better

- Take a painting class
- Watch videos about new techniques
- Practice painting daily

SMART Goal Map

To create a “SMART” goal about what personal skill you’d like to learn for the technology Mini Lesson, fill in each section below.

<p>S</p> <p>Make a Specific goal</p>	<p>What exactly do you want to accomplish?</p>
<p>M</p> <p>Make it Measurable</p>	<p>How will you know when you have accomplished your goal? What specific measurement will tell you?</p>
<p>A</p> <p>Make it Attainable</p>	<p>Can your goal be realistically attainable? What are the steps you need to take?</p>
<p>R</p> <p>Make it Relevant</p>	<p>Will achieving this goal be worth it? Will it be relevant to you?</p>
<p>T</p> <p>Make it Time-based</p>	<p>How long will this goal take to accomplish? Give a specific (and realistic) time frame.</p>