

# Our Honesty Handbook

This is the second lesson of the Integrity unit. At this age, the concept of integrity can be difficult to understand. As such, the focus will be on learning about honesty and perseverance. This lesson will allow students to highlight honest behavior in a variety of situations throughout the school. The handbook will also be presented to an upper class in an effort to inspire honest behavior throughout the school!

## Integrity Sub-Concept(s)

Perseverance, Kindness

## Lesson Timeframe

45 minutes

## Required Materials

- Cardstock or printer paper with the sentence starter, “I am honest at \_\_\_\_\_ when I ...”
- Basic Art Supplies
- Magazines
- Scissors
- Glue

## Standards Map

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



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AS A RECOMMENDED PROGRAM  
FOR SOCIAL AND EMOTIONAL LEARNING.  
See last page for details.

## Lesson Objective

Students will:

- Create a honesty handbook illustrating different ways to be honest in difficult situations.
- Practice being honest, even when they are tempted to lie.

## Teacher Connection/Self-Care

As we continue to move through our unit on integrity, let us take some time to focus our attention on the parents our students have. This week’s promise reminds us to look at parents in a slightly different light. Promise #2 is, “I will remember that parents are doing the best they can and are parenting the only way they know how.” As teachers, we receive children from every possible background, socioeconomic status, and level of preparedness. It is easy to place blame or judgment when a child’s home life appears substandard according to our own personal measures. However, we have a duty to make a positive assumption that parents are doing the best they can. We must respect where they are coming from and use the common ground of education as a bridge to meet them halfway during this joint journey of learning we are on during this school year. Worrying about what you cannot change is unproductive. Show up, be present, and follow through on your words.

### Tips for Diverse Learners

- Allow students to cut out magazine clippings to illustrate their honesty handbook page instead of drawing it out
- Encourage strong writers to add words to their page



## Share

5-7 minutes

Play telephone.

Have a volunteer tell the teacher one true sentence about themselves. (Example- "I am in kindergarten" or I have a brother". The teacher will write down the sentence before playing the game.

- Have your class sit in a large circle on the floor (or in chairs if space is limited)
- Starting with the teacher, whisper the sentence into the person's ear sitting on your right hand side.
- Continue until the sentence has been passed all the way around the circle.
- At the end, have the last person say the sentence they heard aloud to the group.

It is important to always be honest in your words and actions. If you here something that doesn't sound right or doesn't make sense, ask questions.



## Inspire

20 minutes

*Last week we talked about lying and how honesty is the best policy. This week we will work on being honest all the time. Part of being a kind friend is helping others to be honest in all situations! Let's review what it means to be honest!*

Invite student responses.

*Yes, being honest means always telling the truth, no matter what! This is not always easy, but it is the kind choice to make, even when we are scared that we might get in trouble.*

*How do our words show honesty?*

*How do our actions show honesty?*

*Why is important to always be honest and tell the truth?*

Invite student responses.

*These are great answers! Remember, Honesty is the Best Policy!*



## Empower

5-7 minutes

Explain that the class will work together to create an Honesty Handbook to help others in the school remember that "Honesty is the Best Policy" no matter what.

Step 1:

As a class, brainstorm ways to be honest throughout the school day.

- How can we be honest when we first get to school?
- How can we be honest during our snack time?
- How can we be honest during recess?

- How can we be honest when we are packing up at the end of the day?

Write and/or draw simple answers on the board as students provide answers.

Step 2:

Provide each student with a piece of cardstock (or regular paper if needed). As you pass out the paper, read the sentence starter aloud: "I show honesty at \_\_\_\_\_ when I \_\_\_\_\_." Encourage each student to fill in a place within the school in the first blank and to use the rest of the page to complete the sentence. Example: "I show honesty at **recess** when I **turn in all of the balls before we go back in.**"

Step 3:

Circulate around the room and assist students that may be struggling with their page. After all the students are finished, have them turn in their pages.



## Reflect

5-7 minutes

Create a cover and back page for your handbook and staple the entire book together. Read the completed handbook aloud to the class by inviting each student to come up and read their page to the rest of the class.



## Extension Ideas

- Create copies of the handbook to send home, so parents can start the conversation of what honest choices at home might look like as well.
- Present your handbook to a 5th grade class to encourage them to use honesty throughout their school day as well!



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PROGRAM FOR SOCIAL  
AND EMOTIONAL  
LEARNING.

The Collaborative for Academic, Social, and Emotional Learning (CASEL) has been reviewing evidence-based SEL programs since 2003. Kindness in the Classroom® meets CASEL's SElect Program and is included in the CASEL Guide to Effective Social and Emotional Learning Programs.

Kindness in the Classroom® met or exceeded all of CASEL's criteria for high-quality SEL programming. Kindness in the Classroom® received CASEL's highest designation for high-quality SEL programming.

<https://casel.org/guide/kindness-in-the-classroom/>