

# Integrity



Our Young Kindness in the Classroom lessons teach kindness skills through a combination of literacy, math and science, citizenship, and music/movement activities that allow our youngest students a chance to explore difficult abstract concepts through a variety of concrete opportunities.

This unit is the fourth of our six-unit series, which lasts six months. If your school operates year-round, there is a second six-month cycle that will cover the same concepts, but at a higher level. The focus at this young age is exposure to three basic components of integrity (honesty, trust, and kindness) and ample time to practice skills related to this concept.

## Overview of Integrity Unit

This packet contains everything you will need to complete this four-week unit. This is broken down into three core components:

- **Unit Overview** This includes a snapshot of everything covered in the following four learning domains:
  - **Literacy** There are four read-alouds PLUS activities and printables
  - **Math/Science** Counting, Patterns, Experiments, etc.
  - **Citizenship/Social Studies** Our themed RAK character will take students through community-based CARING activities
  - **Music & Movement** Rhymes, fingerplays, chants, etc. to reinforce INTEGRITY
  - ONE **PROJECT** IS ALSO INCLUDED EACH WEEK!
- **Weekly Plans** Each week includes all 4 domains and covers the following themes:
  - Week 1: **Honesty, Truth vs. Make Believe**
  - Week 2: **Honesty, Trust**
  - Week 3: **Honesty, Integrity, Kindness**
  - Week 4: **Honesty, Integrity, Kindness**
- **Printables-** Each learning domain includes at least one printable to help reinforce the concept and practice basic fine and gross motor skills. The INTEGRITY unit includes the following:
  - I is for INTEGRITY coloring sheet (**Literacy**)
  - Sort faces by feelings (**Math**)
  - Cut/Glue Sequencing Respectful Actions (**Citizenship**)
  - Honesty is Best Song Sheet (**Music & Movement**)
  - **And more..!**

# Integrity

<b>RAK Concept:</b> <b>Integrity</b>	<b>Read Aloud/ Literacy</b>	<b>Math/Science</b>	<b>Social Studies/                      Citizenship</b> RAK ANIMAL- Izzy the Sheep	<b>Music &amp; Movement</b>
<p><b>Week 1</b>  <i>Themes:</i>                      Honesty, Truth vs. Make Believe</p> <p><b>PROJECT-</b>                      Make Believe Masks</p>	<p><i>Sam Tells Stories</i> by Thierry Robberecht  <a href="https://youtu.be/4FGjmXonKx4">https://youtu.be/4FGjmXonKx4</a></p>	<p>Real or Pretend?</p>	<p>Izzy and Harry tell stories with her mom.</p>	<p>Tell the Truth Song</p>
<p><b>Week 2</b>  <i>Themes:</i>                      Honesty, Trust</p> <p><b>PROJECT-</b>                      Sugar Cube Tower of Honesty</p>	<p><i>Let's Be Honest</i> by PK Hallinan  <a href="https://youtu.be/gnTKZpczopY">https://youtu.be/gnTKZpczopY</a></p>	<p>Truth Towers</p>	<p>Izzy and Harry have to make a choice to show integrity and honesty when doing their chores.</p>	<p>We are Honest Song</p>
<p><b>Week 3</b>  <i>Themes:</i>                      Honesty, Telling the Truth, Kindness</p> <p><b>PROJECT:</b>                      Lie Snowball</p>	<p><i>Hippo Owns Up</i> by Sue Graves  <a href="https://www.youtube.com/watch?v=w5tBod5ILw">https://www.youtube.com/watch?v=w5tBod5ILw</a></p>	<p>Chocolate Taste Testing</p>	<p>Izzy and Harry tell lies and then decide honesty is the best policy.</p>	<p>Honesty is Right Song</p>
<p><b>Week 4</b>  <i>Themes:</i> Honesty, Integrity, Trust</p> <p><b>PROJECT:</b>                      Pledge Cards</p>	<p><i>Howard B. Wigglebottom and the Monkey on His Back</i> by Howard Binkow and Susan F. Cornelison  <a href="https://www.youtube.com/watch?v=xrPxBcjaeY&amp;feature=youtu.be">https://www.youtube.com/watch?v=xrPxBcjaeY&amp;feature=youtu.be</a></p>	<p>Catch a Lie</p>	<p>Izzy and Harry catch their friend telling lies and help them tell the truth instead.</p>	<p>Be Kind Fingerplay</p>

# Integrity Week 1

**Theme:** Honesty, Truth vs. Make Believe

**Book of the Week:** *Sam Tells Stories* by Thierry Robberecht

**Materials:** Book of The Week, REAL OR PRETEND printable, decorative art supplies, string, paper plates

## Literacy



### Share

Read '*Sam Tells Stories*' by *Thierry Robberecht*

Read Aloud Link: <https://youtu.be/4FGjmXonKx4>

Together, discuss all the different stories Sam tells in the book. Why does he tell stories? What could he do instead?

## Math & Science



### Inspire

REAL OR PRETEND? Play a modified version of "Red Light, Green Light". Have all the students line up on one end of the room. Using the printable below, read aloud each sentence. If the statement is REAL, each student moves forward 3 steps. If the statement is PRETEND, each student takes one step backward. When they reach the finish line, remind them that they got there by telling the truth! Stories are fun, but not when they PRETEND to be true.

## Citizenship & Social Studies



### Empower

Introduce "IZZY the Sheep with INTEGRITY" and her best friend "HARRY the HONEST HEN. Izzy and Harry always travel together with Harry on Izzy's back. Integrity and Honesty go together, just like they do! Izzy and Harry will follow us this entire month. Whenever we see IZZY (choose a SHEEP), and HARRY (choose a HEN) we think of INTEGRITY and HONESTY. Izzy and Harry choose integrity and honesty. How can you? **Read WEEK 1 of the IZZY and HARRY script located at the end of this unit.**

## Music & Movement



### Reflect

Using the Sing-Along sheet at the end of the unit, chant the following:

**Tell the Truth**

by Lisa Rose

to the tune "I'm a Little Teapot"

**Are you lying?**

**Tell the truth,**

**Because Honesty is good for you.**

**So if you try and tell the truth,**

**Then we all can forgive you!**

**I know that you didn't mean the mess,**

**But honesty is always best!**

**Come let's go and spread the word,**

**To all the boys and all the girls!**

## OPTIONAL PROJECT



### Project

Using Paper Plates, cut out holes for eyes and punch holes on either end to create masks. Have students decorate them. It's fun to pretend! Reread the REAL or PRETEND printable below. Have students put the mask on for PRETEND and on the table for REAL.

# Integrity Week 2

**Theme:** Honesty, Trust

**Book of the Week:** *Let's Be Honest* by PK Hallinan

**Materials:** Book of The Week, Blocks, sugar cubes, glue, paper plates, LET'S BE HONEST handout (see below)

## Literacy



### Share

Read *Let's Be Honest* by PK Hallinan

Read Aloud Link: <https://youtu.be/gnTKZpczopY>

Together, discuss healthy eating habits and food groups. How did the caterpillar eat at first? How did he feel? What did his body really need?

## Math & Science



### Inspire

**TRUTH TOWERS:** pass out 2-3 blocks to each student. Create a Truth Tower together. Starting with the teacher, each person says one TRUE thing about themselves. (I have 2 sisters, I have brown hair, I went to visit my family this weekend, etc.). Every TRUTH gets one block on the tower. How tall can our Truth Tower be? Count them after they fall and try again!

## Citizenship & Social Studies



### Empower

**IZZY and HARRY** are back! Izzy and Harry always choose honesty and integrity, even when no one else is around. Izzy and Harry aren't sneaky and always do their chores when asked. Whenever we see IZZY and HARRY, we think of INTEGRITY and HONESTY. Izzy and Harry decide to choose integrity and honesty with their chores this week. How do you do your chores? **Read WEEK 2 of the IZZY and HARRY script located at the end of this unit.**

## Music & Movement



### Reflect

Using the fingerplay sheet at the end of the unit, chant the following:

**We are Honest**

by Lisa Rose

(To the tune of "Brother John")

**We are Honest, We are Honest,**

(point to yourself and others)

**Yes, we are! Yes, we are!**

(nod head)

**We tell the truth in all we do**

(spread arms out wide)

**You trust me and I trust you**

(point to each other)

**We are honest!**

**We are honest!**

(point to yourself and others)

## OPTIONAL PROJECT



### Project

Create a Tower of Honesty using sugar cubes! Give each student 3 sugar cubes. Ask students to answer each question on the LET'S BE HONEST handout below with a YES or NO. If yes, glue one cube to the tower. If not, wait your turn.

# Integrity Week 3

**Theme:** Honesty, Telling the Truth, Kindness

**Book of the Week:** *Hippo Owns Up* by Sue Graves

**Materials:** Book of The Week, 3-4 different types of chocolate, butcher paper, marker, clay/playdough

## Literacy



### Share

Read *Hippo Owns Up* by Sue Graves

Read Aloud Link: [https://www.youtube.com/watch?v=w5tBod5\\_ILw](https://www.youtube.com/watch?v=w5tBod5_ILw)

As a class, talk about Hippo. What could he have done differently? Was it too late to be honest after the first lick? Why or why not? How does he fix his lie?

## Math & Science



### Inspire

Taste test different chocolate as you think about Hippo in the story. As a class, rate each chocolate sample with a YES or NO. Chart your results using a bar graph. Which chocolate won? What would have happened if one of us secretly ate all the chocolate before we did this project?

## Citizenship & Social Studies



### Empower

IZZY and HARRY are owning up to a lie they told today, which is super hard sometimes! They work hard to choose INTEGRITY and HONESTY Whenever we see IZZY (show sheep), and HARRY (show hen) we think INTEGRITY and HONESTY. Let's find out how they are using honesty this week! **Read WEEK 3 of the IZZY and HARRY script located at the end of this unit.**

## Music & Movement



### Reflect

Using the fingerplay sheet at the end of the unit, chant the following:

#### **Honesty is Right**

by Jan Maples and Lisa Rose  
(To the Tune of "Rockabye, Baby")

#### **Honesty is the right point of view.**

(Point to eyes.)

#### **Always be honest, say what is true.**

(Hold up your right hand with your palm facing out.)

#### **Telling a lie is not right to do,**

(Wag fingers back and forth.)

#### **So I'll tell the truth, and yes you will too.**

(Point finger at self, then at others.)

## OPTIONAL PROJECT



### Project

Using clay or playdough, create a lie snowball. Explain that small lies don't feel like a big deal, but they add up! Give each student a small amount of clay. Go around and ask each student for an example of a small lie. As they share it, have them add their clay to the snowball. What's happening? Discuss why it's getting bigger and how little lies add up. Honesty is the best policy!

# Integrity Week 4

**Theme:** Honesty, Integrity, Kindness

**Book of the Week:** *Howard B. Wigglebottom and the Monkey on His Back* by Howard Binkow and Susan F. Cornelison

**Materials:** Book of The Week, Colored blocks, small bag, construction paper, basic art supplies, envelopes, stamps (optional)

## Literacy



### Share

Read '*Howard B. Wigglebottom and the Monkey on His Back*' by Howard Binkow and Susan F. Cornelison

Read Aloud Link:

<https://www.youtube.com/watch?v=xrPxxwBCjaeY&feature=youtu.be>

Together, review all the lies Howard told. What happened the more he lied? How did he fix it in the end?

## Math & Science



### Inspire

**CATCH A LIE!** Using the Catch a Lie printable below, cut each lie into strips and tape each one to a small ball or another soft object. Read each lie aloud and ask the class if the statement is the TRUTH or a LIE. Then, toss the lie to a student and have them “catch the lie” and change it to a truth. Example: LIE- Mrs. Rose has purple hair. TRUTH- Mrs. Rose has brown hair! When we catch ourselves in a lie we can easily stop and change it to the truth. It's never too late!

## Citizenship & Social Studies



### Empower

Talk with IZZY and HARRY about how much your class has learned about integrity and honesty. Izzy and Harry always travel together with Harry on Izzy's back. Integrity and Honesty go together, just like they do! Even though this is our last week on Integrity and Honesty, Izzy and Harry will stay with us this year to remind us to always choose INTEGRITY and HONESTY. **Read Part 4 of the IZZY and HARRY script located at the end of this unit.**

## Music & Movement



### Reflect

Using the Sing-Along sheet at the end of the unit, chant the following:

**Be Kind** by Anonymous

**5 little children standing in a row**

(hold up 5 fingers)

**They are kind to others everywhere they go.**

(walk hand in front of the body)

**I am one of the children**

(point to self)

**Standing in a row**

(hold up 5 fingers)

**I'll be kind to others**

(point to self)

**Wherever I go.**

(walk hand in front of the body)

## OPTIONAL PROJECT



### Project

Create “I choose honesty!” pledge cards. Using the template below, have students cut out their cards, decorate them, and add their names. Fasten

them to their shirts and chant out "I choose honesty!" throughout the day as a group!

### Izzy and Harry Script- WEEK 1

Meet Izzy, a 4-year-old sheep that is part of our RAK family! Izzy always chooses integrity, which can be a big word for us! Integrity means doing what we know is right all the time, even when no one is around.

Like when your mommy makes cookies and leaves them on the counter! But Izzy has a special friend on her back, Harry the hen, her best friend that helps her. Harry is honest in everything he says and does. He always tells the truth! IZZY and HARRY are ALWAYS together, just like INTEGRITY and HONESTY. Izzy and Harry will follow us this entire month. Whenever we see IZZY (show sheep) and Harry (show hen on sheep's back) we think about INTEGRITY



and HONESTY. This week, Izzy and Harry are learning the difference between real and pretend by playing games with Izzy's mom. "I climbed to the top of the hill and grew wings to fly!" says Izzy. "Hmm....pretend?" says her mom. Izzy tells her she is right. Now it's Harry's turn. "I wrote my name by myself at school today!" he shouts. "Definitely real!" Izzy's mother exclaims. Izzy, Harry, and her mother continue taking turns saying real and pretend stories while the others guess. Izzy's mom explains that although it can be fun to tell stories, sometimes it can be tempting to tell stories instead of the truth. It's MORE important to choose INTEGRITY and HONESTY when the truth is needed. One example is when we accidentally break something, even if no one saw us do it. Can you think of other times when it is important to tell the truth instead of stories? What would happen if we told a story when someone was hurt? How can Izzy and Harry practice HONESTY this week?

### Izzy and Harry Script- WEEK 2

Izzy and Harry are back! Who remembers IZZY'S INTEGRITY and HARRY'S HONESTY? Izzy shows integrity by doing what is right and kind all the time and Harry is honest by always telling the truth. Izzy and Harry are always on the hunt for ways to practice INTEGRITY and HONESTY. One evening, Harry comes over to Izzy's house for dinner. After dinner, Izzy's grandfather asks Izzy and Harry to clean up the table. All the grownups leave the room to finish their own chores. Izzy and Harry are all by themselves. They look at all the plates and food on the table. "This is a big chore!" says Harry. "Yes, but at least we can do it together!" says Izzy. "It's tempting to leave this and go play," says Harry. "I know it is," says Izzy. "But our INTEGRITY means we always do what is right and kind, even when nobody's watching us. If we work together we can finish and make it all clean quickly!" Izzy and Harry finish their chore with pride and her grandfather is VERY proud of them. "Thank you so much!" he tells them. "I know I can trust you two now. You are HONEST and show INTEGRITY." Izzy and Harry feel excited and happy. They made the right and kind choice during their chore. How else can they choose HONESTY and INTEGRITY at home? How about with their friends?

### Izzy and Harry Script- WEEK 3

*Izzy and Harry are at school today. Izzy and Harry are still working on INTEGRITY and HONESTY, but it's hard work! Let's see what they are up to during recess. Izzy sees a bag of unopened crackers left over from snack time sitting on the steps outside. "I sure am hungry!" Izzy says. "Do you think anyone would care if I ate these crackers?" Harry thinks about it. "I don't see why not!" he responds. Izzy and Harry share the bag of crackers. After recess, their friend Chloe comes running up to the teacher crying about her lost crackers. She is really hungry and can't find her snack. She set it down on the stairs while she played on the swings. Izzy and Harry have a tough choice to make now. They know they ate Chloe's snack, but nobody saw them. Although they didn't choose INTEGRITY when they ate the snack they found, they can choose HONESTY now by telling the truth to their teacher. Izzy raises her hand. "Um, Miss Turlington, Harry and I found an extra bag of crackers on the steps during recess and ate them. We didn't know they were Chloe's. We should have asked if anyone had lost their crackers. We are really sorry for eating them." says Izzy. "Yes ma'am, we are super sorry! We should have brought the crackers to you as soon as we found them!" added Harry. "Thank you very much for your HONESTY Izzy and Harry. I'm so proud you chose to speak up. It can be hard to tell the truth, especially when nobody sees you," Miss Turlington responds. She hands Chloe another bag of crackers. Have you ever had to make a difficult choice about telling the truth? It can be difficult, but remember HONESTY is the best policy!*

### Izzy and Harry Script- WEEK 4

*Izzy and Harry are at the park today! They continue to work on INTEGRITY and HONESTY while playing with their friends Raphael and Chloe. Raphael starts telling everyone else about his aunt's new job. "My Aunt Sally got the BEST new job! She's a monster catcher!" exclaims Raphael. "Wow! Really? Are you sure?" asks Harry. "Yes, she works mostly at night. She has a huge net and stands outside our apartment complex catching monsters before they try to scare kids!" Raphael continues. "Um, Raph? I think you are telling a story." says Izzy. "No, I'm not!" he shouts. "Yes, yes you are. I know telling stories can be super fun! But a monster catcher isn't a real job, is it? We should always tell the truth and be honest when someone asks us if we are telling stories. That way we can trust each other." Raphael got quiet and thought about it. "But it would be so cool if she was a monster catcher!" he laughs. Everyone else laughed and agreed. Izzy and Harry really helped their friend with HONESTY today. It can be tough to speak up when you catch a friend telling stories or lying. However, good friends practice HONESTY and INTEGRITY together. What else could Izzy and Harry have said?*

## REAL OR PRETEND?

**Directions: Read each statement below. If it is real, students take 3 steps forward. If it is pretend, students take 1 step backward.**

1. (Insert Teacher's name) took an airplane to school today.
2. The sun is hot in summer.
3. The sky is black during the daytime.
4. (Insert Student's name) has horns and wings.
5. Cows feed their babies milk.
6. Chickens lay eggs.
7. Eggs are square.
8. I can jump over our school if I run fast enough!
9. (Insert Teacher's name) has horns growing on their head.
10. (Insert Student's name) has brown/blonde/black/red hair (add the correct color).

**Remember, telling the truth moves us forward!**



**Tell the Truth**  
by Lisa Rose  
to the tune "I'm a Little Teapot"

**Are you lying?  
Tell the truth,  
Because Honesty is good for you.  
So if you try and tell the truth,  
Then we all can forgive you!**

**I know that you didn't mean the mess,  
But honesty is always best!  
Come let's go and spread the word,  
To all the boys and all the girls!**

## LET'S BE HONEST

**Directions:** Read each statement below to the class. If the answer is **YES**, everyone adds a sugar cube to the class tower. If the answer is **NO**, everyone does nothing.

1. I need to ask permission for a cookie before I take one.
2. I can go outside to recess without the teacher.
3. I should always say sorry if I make a poor choice.
4. It's ok to keep a toy that is not yours.
5. My words can make people sad sometimes.
6. I should punch my friends.
7. I should tell the truth when I break something.

**Remember, being HONEST builds trust!**



## **We are Honest**

by Lisa Rose

(To the tune of "Brother John")

**We are Honest,  
(point to yourself)  
We are Honest,  
(point to others)**

**Yes, we are!  
(nod head)  
Yes, we are!**

**We tell the truth in all we do  
(spread arms out wide)  
You trust me and I trust you  
(point to each other)**

**We are honest!  
We are honest!  
(point to yourself and others)**



## **Honesty is Right**

by Jan Maples and Lisa Rose  
(To the Tune of “Rockabye, Baby”)

**Honesty is the right point of view.  
(Point to eyes.)**

**Always be honest, say what is true.  
(Hold up your right hand with your palm facing out.)**

**Telling a lie is not right to do,  
(Wag fingers back and forth.)**

**So I’ll tell the truth, and yes you will too.  
(Point finger at self, then at others.)**

## CATCH A LIE

**Directions: Print the lies below and tape them to balls (or other light items that students can “catch”). Read each statement and ask if it is the truth or a lie. If it is a lie, throw it into the group for them to “catch”.**

(Insert Teacher’s name) rode a dinosaur to school today.

The sun is purple.

The grass is green.

It is ok to hurt your friends.

Bananas are yellow.

Sheep live on a boat.

Caterpillars turn into cows.

It’s ok to take extra snacks without asking.

(Insert student’s name) can jump over our school!

(Insert teacher’s name) reads stories to our class.



## **Be Kind**

(Fingerplay is similar to 5 Little Ducks)

By Anonymous

**5 little children standing in a row  
( hold up 5 fingers)**

**They are kind to others everywhere they go.  
(walk hand in front of the body)**

**I am one of the children  
(point to self)**

**Standing in a row  
(hold up 5 fingers)**

**I'll be kind to others  
(point to self)**

**Wherever I go.  
(walk hand in front of the body)**

## I Choose HONESTY! Pledge Card

**I choose honesty**



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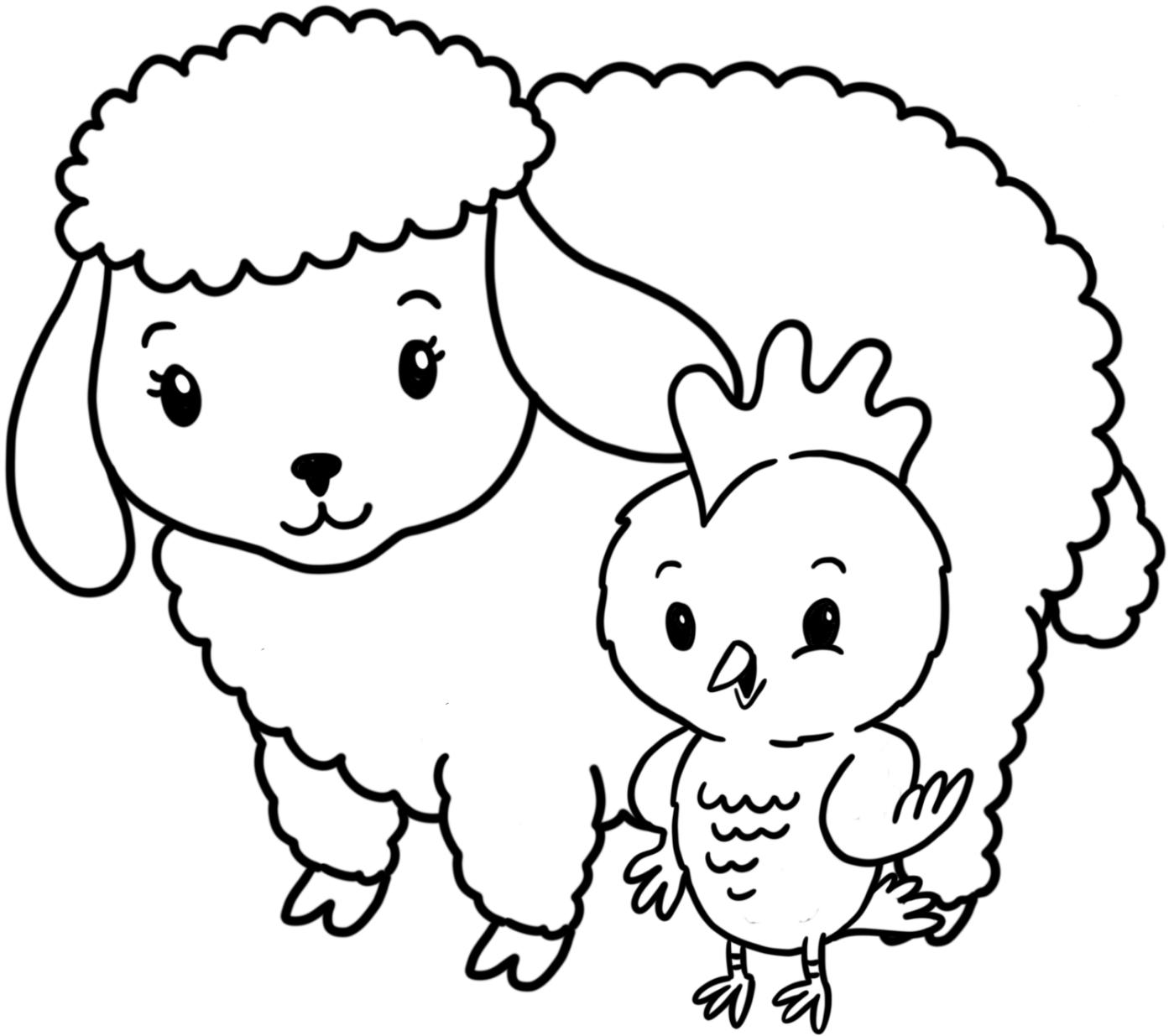
Name

**I choose honesty**



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Name



**I is for Integrity**