

# Name Exchange

## Lesson Timeframe

20-25 mins

## Materials

- Index Card
- Pencils
- Integrity poster (optional)



## Share

Discuss the connection between KINDNESS and INTEGRITY. Define integrity: INTEGRITY IS ACTING IN A WAY THAT YOU KNOW TO BE RIGHT AND KIND IN ALL SITUATIONS. (Show the Integrity poster if desired.)

As a group, identify kind actions that demonstrate integrity. What choices can you make each day to be kind? (Help out without being asked; complete chores on time, every time; etc.) Aim for 2-3 volunteers of varying ages.



## Inspire

Our kind words and actions show our level of integrity to others. Do we say what we mean? Do our words match up with our actions? When the answer is yes, we are naturally choosing integrity! We have many opportunities to do what we know to be right and kind throughout our day. The temptation to ignore directions or not follow through will tempt us almost daily. However, when we focus on doing what we know to be right and kind, we are able to fight the temptation and focus on kindness and integrity.



## Empower

Explain that each child will write their name down on an index card. Once you have all the cards, randomly pass them back out so that every student has someone else's name. Their job is to do one Random Act of Kindness (RAK) for that person today during their time here. A Random Act of Kindness is an action that shows kindness towards the other person for no specific reason. Leaving a kind note, cleaning up a mess, and letting them go first are all examples of a RAK.

- As a group, brainstorm different RAKs that can be done during our time together here.
- As you dismiss each child to go to your next activity, have them quietly share the name they received (or read it to them if needed) and talk about what RAK they plan on doing for that person.
- If desired, have students write or draw their ideas on the back of the index card to increase accountability.
- Remember, you are practicing integrity and kindness in this activity; you have made a commitment to complete your RAK. Now, get out there and follow through!



## Reflect

It's very important to use kindness when making commitments to others. This helps us practice integrity by doing what we know to be right and kind in every situation.

Discuss the following questions:

- What situations are the most difficult for you to show kindness and integrity?
- How can you increase your integrity in these areas?

