

Telephone

KINDNESS BEYOND THE CLASSROOM™
WHOLE GROUP • OPTION 1 • INTEGRITY

Lesson Timeframe

15-20 mins

Materials

- ☐ Integrity poster (optional)



Share

Define integrity: INTEGRITY IS ACTING IN A WAY YOU KNOW TO BE RIGHT AND KIND IN ALL SITUATIONS. (Show the Integrity poster if desired.) Discuss that integrity starts with honesty. Brainstorm ways you can practice using honesty with others, including friends, teachers, and parents/guardians. Aim for 2-3 volunteers of varying ages.



Inspire

Explain that honesty and integrity go hand in hand. When we choose to tell the truth at all times, even when no one else is around or we won't get caught in a lie, we are also acting with integrity. The following are examples of times when it might be challenging to choose honesty and integrity.

- You find an extra dollar on the floor in your house. It is not yours.
- A friend offers you a cookie, but your mom told you not to eat any sweets today.
- You want to sit by your friend on the bus, but you would need to cut in front of others to make it near her.

All of these scenarios can be difficult. It is hard to act with integrity and honesty when there isn't really a consequence if you decide to lie or just ignore what you know to be right and kind. However, when you choose integrity and honesty in little things it becomes easier and easier to remain a person of integrity as you get older, when the situations are even more challenging!



Empower

Have your entire group form one giant circle on the floor. Starting with an adult, play the game telephone.

- The first person thinks of a short phrase and quietly whispers it into the ear of the person on their right.
- They can only say it once. No repeats!
- The person that received the message must now repeat whatever they heard to the person on their right.
- Continue until the last person has received a message. They must get up and announce what they heard.
- Compare what was heard with what the original message was. They are typically QUITE different!
- We may be tempted to repeat things we hear from others, even when it's not our story to tell or what we hear isn't positive. We may also get the story wrong, say things in a way that isn't accurate, or share things that people told us in private. Remember, we should always be acting in a way we know to be right and kind.



Reflect

Guide a discussion on INTEGRITY with friends/peers.

- What is integrity? How does it connect with honesty?
- What can we do if we hear something unkind about someone we know?
- How would you feel if others repeated lies or stories about you? Why?

