



Integrity

INTEGRITY means complete honesty. A person of integrity does the right thing even if it is hard to do.

Activity 1

Explain to your child that **INTEGRITY** means complete honesty. A person of integrity does the right thing, even if it is hard to do. Play a matching game with your child by printing words that logically go together on small strips of paper. (Examples: Study - Book, Eat - Apple, Play - Ball, Sleep - Pillow, etc.) Turn them over and have fun taking turns picking two until someone gets a match. Explain that when people have integrity, their thoughts and beliefs **MATCH** what they say and do. Talk about how your child can make sure his or her thoughts match his or her actions.

Activity 2

Discuss with your child the saying: *"What is popular is not always right and what is right is not always popular."* Ask your child how hard it would be to stand up for his or her values even if it resulted in being unpopular. Help your child understand that integrity means choosing to be honest no matter what situation may occur. Encourage your child to try to follow the advice of an ancient Roman Emperor named Marcus Aurelius who said: *"If it is not right, do not do it; if it is not true, do not say it."* Ask your child to write the saying down and post it for other family members to see.

Activity 3

Teach your child about chameleons, which are small lizards that change the color of their skin depending on the environment around them. Imagine with your child what it might be like to be a chameleon and make their skin blend into their surroundings. Have fun thinking of what patterns and colors they could become if they matched their bedspread or the walls of their room. Explain that even though people do not have skin like chameleons, they can act like chameleons in another way. For example, people without integrity change what they do or say depending on the people around them. Discuss the consequences of being known as a person who does not have integrity. Reinforce the importance of being consistently honest in all areas of life.

Activity 4

Help your child create an Integrity Survey that can be used to interview family members. Examples of questions could include:

- Do you always tell the truth?
- Do you act the same in front of all people?
- Do you stand by your beliefs?
- Do you complete chores when you say you will?
- Do you come home when you are supposed to?
- Do you act the same with your friends as you do with family members?

Encourage your child to live with integrity.

Activity 5

Explain that **INTEGRITY** is more than just honesty; it is a way of living. One way to measure our individual integrity is by what we do when no one is around to see us. Ask your child *"What do you do next?"* after the following scenarios, and help him or her to identify the difference integrity makes.

- You dropped and broke a toy at the store, but no one saw you.
- Your little brother tore out two pages of a book you borrowed from the library. It is a big book and may not be noticed easily.
- A child from your class calls to invite you to come over next week, but you do not want to go. No one is around to hear what you tell him, so you think about making up a story about being out of town next week.
- You find a \$20 bill on the ground that you know your neighbor has lost. No one knows that you found it. You really want to keep the money.

To emphasize the benefits of being known as a person of integrity, share the following statement and discuss its meaning.

No amount of money can buy a good reputation.