

# Integrity

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

## LESSON 1

Read the definition of **INTEGRITY**. Tell students that a person of integrity does what is right. Read: **Integrity might be a hard word to remember, but its meaning is very simple. It means to be honest. That means that a person of integrity is honest with himself or herself as well as with others.** Practice saying the word “integrity” with students. Tell them that the word integrity begins with the letter “I.” Explain that “I” is an important word to think about when thinking about integrity. Have students say this sentence: **I am a person of integrity because I am honest and true.**

**School/Home Link** - Ask students to tell a family member that they are learning about the word “integrity” and ask what it takes to be considered a person of integrity.

## LESSON 2

Review the definition of **INTEGRITY**. Explain that a person of integrity is honest and does what is right. Write the following sentence on the board: **I have integrity. Read the sentence and ask students to repeat after you.** Ask students to copy the sentence. Explain how having integrity will keep them out of trouble. Emphasize that having integrity means they will never have to struggle on the inside to decide how to act on the outside. Lead a brainstorming session with students on ways they can show they have integrity. Examples could include, always telling the truth, being obedient, taking care of their things, etc. As time allows, have students orally complete the following sentence telling why they are a person of integrity: **I have integrity because \_\_\_\_\_.** (For example, I have integrity because I do what is right.)

**School/Home Link** - Ask students to write the sentence “I have integrity” with a family member and discuss how integrity keeps people from making poor choices.

## LESSON 3

Review the definition of **INTEGRITY**. Read: **Integrity means being honest, taking responsibility, and doing what is right.** Ask students to repeat the word after you. Read the following story: **A young girl was playing in the backyard with friends and left the gate open. The dog ran out. When her mom asked how the dog got out, the girl said she didn’t know. Do you think she had integrity?** As time allows, call on students to tell why or why not.

**School/Home Link** - Ask students to ask a family member to think of an example that illustrates someone showing integrity.

## LESSON 4

Review the definition of **INTEGRITY**. Ask students to repeat the word after you. Read: **Today you are going to decide if certain actions show integrity.** Tell students to show “thumbs up” if the sentence describes someone of integrity and “thumbs down” if it does not. Read the following:

- 1) **I tell the truth even if it means I’ll get into trouble.** (thumbs up)
- 2) **I know right from wrong.** (thumbs up)
- 3) **I do what I am supposed to do.** (thumbs up)

Encourage children to strive to be a person of integrity.

**School/Home Link** - Ask students to ask a family member about ways to show integrity in every day activities.

## LESSON 5

Review the definition of **INTEGRITY**. Read the following quote: **“Integrity is doing the right thing, even if nobody is watching.”**

Ask students to think of ways to show integrity in the following situations: **1) Your mom made cookies for a bake sale. She tells you not to eat them, but you know that she’ll never notice if just one is gone. Besides they smell so good! So, you eat one. 2) You break your mom’s favorite vase. You can hide it in your room and maybe she’ll never notice it being gone. As time allows, ask them to explain how they should act in each situation to demonstrate in the word integrity.** Remind them that the word Integrity begins with the letter “I” and that they should always try to be a person of integrity.

**School/Home Link** - Ask students to remember to show integrity even when no one is watching.