

Integrity



Hello Parents and Guardians,

Welcome to Unit 4 of our Kindness in the Classroom curriculum! For the next 6 weeks we will be learning all about INTEGRITY. We will dedicate 30 minutes once a week for our main lesson, with a few 15 minute mini lessons sprinkled throughout our week to help your child go deeper with the concept. We will end the unit with a project that we will all work on together. Since this topic is fairly new to many students, we will be exploring the following topics:

GOALS FOR THIS UNIT

- ✓ Examine their own level of integrity across a variety of situations, both with peers and individually.
- ✓ Practice creating and accomplishing SMART goals.

TOPIC	QUESTIONS WE'LL BE EXPLORING	HOW YOU CAN HELP
Honesty	<ul style="list-style-type: none">• How can you be honest yet kind when having a difficult conversation?• Why is it easier to be honest in some situations and not others?• How can you handle the peer pressure to lie?	Discuss the desire to be harsh when giving someone honest feedback. The phrase "I was just being honest!" is common. Challenge your child to be kind during these types of interactions. When we use kindness as the lens for our words, the conversations are much more positive, even if we have to give constructive criticism.
Integrity	<ul style="list-style-type: none">• What is your personal definition of integrity?• Why is it important to be honest in your actions, even when no one else is around?• What are some ways you can rebuild trust after it has been broken?	Talk with your child about ways to rebuild trust. This can be very difficult for them when they have chosen dishonesty. It is important to know that there are ways to gain trust back, even though it will take time.
Perseverance	<ul style="list-style-type: none">• How can we use honesty to reach our goals?• Why is it important to keep trying when something is hard?• How does cheating hurt us in the long run?	Explore goal setting with your child. Ask them to identify one goal they have for themselves in school. What is the first step they must take to work towards this goal?

TRY THIS AT HOME!

As a household, identify one large goal that would increase kindness and positivity. Write it down using the SMART acronym to help you- S=Specific M=Measurable A=Attainable R=Realistic T=Time Sensitive. Ask your child for further details. They have been working on them throughout the entire unit!

We will continue our Kindness in the Classroom curriculum throughout the year. Please join us on this journey using this handout and the at home activity as a way to connect with your child regarding our unit concept. Feel free to contact me with any questions or comments as we move forward.

Sincerely,