

# KINDNESS IS INTEGRITY



## FILLING OUR **CLASSROOM** WITH **INTEGRITY**

According to the Random Acts of Kindness Foundation, **INTEGRITY** means acting in a way you know to be right and kind in all situations. This month, we are going to focus on having more integrity in our classroom. This might sound complicated, but really it's easy! Simply choose kindness all the time - even if no one will notice, even if you're tired, even if you feel like it's someone else's turn. You will always feel better if you choose to do what is right and kind in all situations. What are some small ways you can act with more integrity today?

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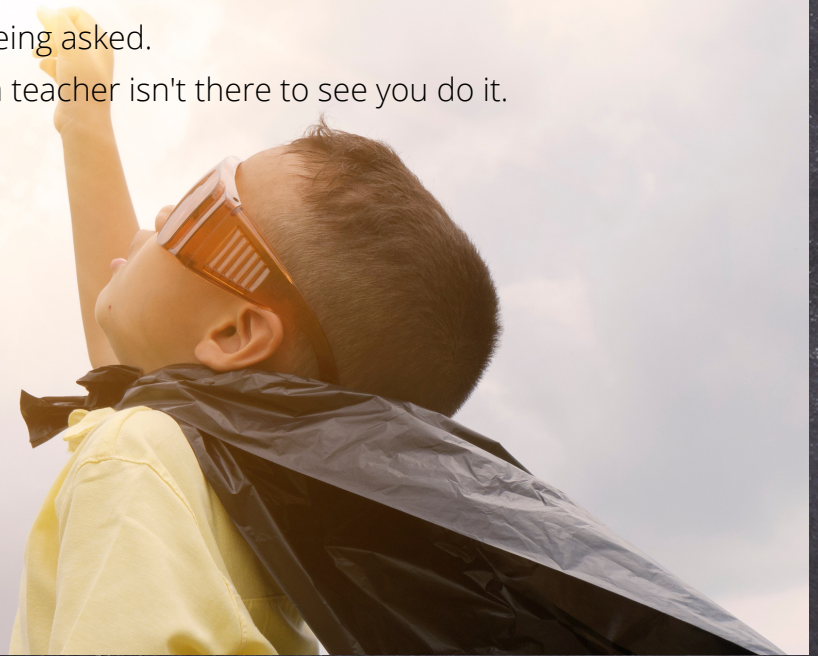


# Showing Integrity

This month we are talking about **integrity** and what that means for us at school. The first thing to discuss is the definition of **integrity**. This might be a harder one; younger kids, especially, may not have heard of this word before. What does it mean to act in right and kind ways at all time? What does integrity look like to your classroom?

Here are some ideas to get you thinking about how you can show more integrity at school:

- Clean up your work or play areas without being asked.
- Help a classmate who is struggling, even if a teacher isn't there to see you do it.
- Always tell the truth.
- Complete all your work before doing something else that you'd rather do.
- Use manners.
- Apologize if your words or actions hurt someone, without being reminded.
- Follow the rules, even if the teacher isn't there to see you do it.
- If you make a mistake, ask for help.



## Curriculum Quick Guide

Cycle 1: Ages 3-4; Cycle 2: Ages 4-5; Cycle 3: Ages 5-6

Each week there is a story centered on the kindness concept and corresponding activities that span the curriculum: math & science, citizenship & social studies, music & movement. Each week you can choose whichever activities you feel your class would enjoy the most. There is also an optional project at the end of each week. Each concept has 4 weeks worth of stories and activities to enjoy. Additionally, each week you will meet one of our RAK animals who will help guide you through the materials through fictional stories (as part of our citizenship element). For *Integrity*, you will meet

**Izzy the Sheep with Integrity** and **Harry the Honest Hen**.



**"Integrity is the choice between what is convenient and what is right."**

~Tony Dungee

# Integrity

Here are some things you can do this month to practice integrity.

What else can you and your student(s) do?

What Random Acts of **Integrity** will you do today?

SUN	MON	TUE	WED	THU	FRI	SAT
	Do "what if?" scenarios as a family and practice making right and kind choices.			Let someone else have the first helping of a meal or the last treat.		
Did you tell someone that you'd do something for them? Follow through today.		If you hear gossip, tell the other person it isn't right to speak badly of other people and change the subject.			Reflect on your week so far; have you worked to make right and kind choices in all situations?	
	Make sure you are intentional about apologizing when you do something wrong - even if accidentally.		Be honest without being rude.			Don't take short cuts today; finish what you start!
		Evaluate a situation in the media or on the news; does it show integrity? Why or why not?		Go around the table and say one act of integrity you saw that day.		
Discuss a situation where you would want to speak up but might feel hesitatnt to do so.						

