

Integrity



Hello Parents and Guardians,

Welcome to Unit 4 of our Kindness in the Classroom curriculum. For the next 4-6 weeks we will be learning all about INTEGRITY. Since this is a fairly new concept for children this age, we will focus on the following topics:

TOPIC	QUESTIONS WE'LL BE EXPLORING	HOW YOU CAN HELP AT HOME
Honesty	<ul style="list-style-type: none">• Why is honesty the best policy?• What happens when we start to tell little lies?• How do these lies start to build on each other?	Talk with your child about the importance of always telling the truth, even when it is difficult. Little lies often build on each other and lead to larger lies!
Perseverance	<ul style="list-style-type: none">• How do we stick with things, even when they are difficult for us?• How can we use honesty to reach our goals?• How does cheating hurt us in the long run?	Practice identifying small goals with your child. List the steps it will take for them to reach that goal. Celebrate with them when they succeed! Goal setting is a lifelong skill.
Integrity	<ul style="list-style-type: none">• What is the connection between honesty and integrity?• How can we do what is right and kind in every situation?• Why is it important to be honest in your actions, even when no one else is around?	Talk with your child about the importance of being honest, even when no one is around. What does integrity look like in your home? How can we make choices that reflect honesty and integrity?

Key activities we'll be doing:

- Examine integrity through a lens of kindness!
- Complete honesty role plays!
- Learn about growth mindsets!
- Set and achieve a personal goal!

If you have any questions about our *Kindness in the Classroom* lessons, please feel free to contact me at anytime. We are on this kindness path together!

Sincerely,

TRY THIS AT HOME!

Ask your child about the goal they set in class during this unit. Have them explain the steps they established and walk you through the path they plan on taking to accomplish their goal.