Defining Honesty and Integrity

Students will be able to share what honesty and integrity mean to them with a small group.

Lesson Background for Teachers

Seven Ways to Build Strong Character and Integrity in Children [http://micheleborba.com/seven-tips-to-build-strong-character-and-help-kids-stand-up-for-their-moral-beliefs/].

Key Terms for Students

Consider writing key terms on the board before class to introduce vocabulary and increase understanding.

RESPONSIBILITY Being reliable to do the things that are expected or required in your life, home, community and environment.

INTEGRITY Acting in a way you know to be right and kind in all situations.

HONESTY Being truthful and sincere with your words, actions and thoughts.

RESPECT Treating people, places, and things with kindness.

LEARNING STANDARDS

Common Core: CCSS.ELA-Literacy. SL.5.1; CCSS.ELALiteracy.W.5.3

Colorado: Comprehensive Health S.3, GLE.1, EO.c; Reading, Writing and Communicating S.1, GLE.2, EO.a,b,c; S.3, GLE.1, EO.a

Learning standards key
TIPS FOR DIVERSE LEARNERS

Students might benefit from:

• Seeing a movie clip, drawing, comic strip or other visual images that model for them how people’s qualities on the inside connect with their outside actions. For example, someone who is thoughtful, kind and brave stands up for others who are being picked on or bullied. Be sensitive to students for whom this is a challenge (those with mental health issues, impulsivity, ADHD, ASD, etc.) where they may want to be kind or loving or have integrity but are still developing the strategies to consistently “do the right thing.”

• Creating their own drawing, comic strip or other visual of how our feelings on the inside connect with the way we act. Consider providing die cut people shapes and having students write how they show (or try to show) integrity on the inside and the outside.

• Focusing on one quote from the activity sheet. Or, they could work in groups of three, with each student answering questions about one quote and then share their responses.

Resources

A Life of Integrity Inspirational Video https://www.youtube.com/watch?v=-UUT6n-Wbyik

Segment of Wizard of Oz where Dorothy stands up for all the characters in front of the wizard. She stood up not only for herself, but thought of the others as well. Also consider how Dorothy helped each of the characters rebuild their integrity; e.g., on the outside, he was a lion, but on the inside he was a scared little mouse — — Dorothy helped him regain his courage, so that he was the same on the outside as he was on the inside. She did the same with her friends Tin Man and Scarecrow. Watch Wizard Revealed (1 min 53 sec) https://www.youtube.com/watch?v=-RQxD4Ff7dY

Share (2 mins)

Share with a partner a time when you felt someone else wasn’t being genuine or honest with you. Take turns sharing.

Inspire

M&M Activity (3 mins)

Take out the two bags of M&Ms. When you buy a bag of candy at the grocery store, what do you expect to find in the package? What should it look like? What quality? Allow students to respond.

Then open the two bags and pour the contents into the bowl. Ask the students: Are you surprised what you see? How would you feel if this happened to you? Allow students to respond.

Just like this bag of M&Ms, what is on the inside of us needs to match what is on the outside. No one wants to buy a bag of M&Ms and find _____________ on the inside. And people want to be with someone who is genuine or is what they seem to be. This is called having integrity and being honest. We are going to talk about that today.
Empower

Activity Sheet (8 mins)

Hand out the What Do Honesty and Integrity Mean? activity sheet and have students complete independently or with a partner.

Discussion (4 mins)

Divide students into small groups and have them discuss their responses.

Ask for volunteers to share their definitions of honesty and integrity and how they show honesty and integrity. Write their responses on a poster sheet to reference throughout this unit and add the following to the definitions as necessary:

Honesty: Being honest is being open, trustworthy and truthful. When people are honest, they can be relied on not to lie, cheat, or steal. Honesty is telling the truth. With honesty, you can trust things to be as they appear.

Integrity: Integrity is standing up for what you believe is right, living by your highest values. No matter where you are, who you are with or what you are doing, you will act in a way that you believe to be the best way to act. It is being honest and sincere with others and yourself. You are a person of integrity when your words and actions match. You don’t fool yourself into doing what you know is wrong.

Optional Arts Integration (15 mins)

Create groups of 4 and ask students to think about a situation that shows honesty and a situation that shows integrity. Ask students to act out the situation in mime, and ask the class to guess whether the mime illustrates integrity or honesty.

Discussion (8 mins)

Then ask any of the following questions:

- When you are honest or show integrity, how do you feel?
- What does it feel like when people treat you honestly or with integrity?
- Are there times when it is difficult for you to be honest?
- Who do you think is responsible for you being honest and showing integrity?
- Do you think controlling what you do and say is a way to show integrity? How?

Wrap Up (5 mins)

To gauge understanding of the material, choose from either the evaluation or reflection questions as discussion, writing or journal prompts. Consider providing additional time for deeper evaluation and reflection as needed.

Evaluation Questions

- What does it mean to be honest?
- What does it mean to have integrity?
- What actions show honesty and integrity?

Reflection

- Draw a time you showed integrity and did the right thing when no one was watching.
- Is there ever a time when you should not be honest? Why?
- Why do you think honesty and integrity are important?
Summary

Being honest and having integrity are two values that are deeply important. When we are honest, other people are able to trust and rely on us. It’s important to also have honesty with ourselves and stay true to our own values and beliefs. When we have integrity, we stand up for what we believe is right. That is the kind thing to do for yourself and others.

Act (2 mins)

Kindness Minute

Sometimes it’s not always comfortable to be honest, but it is the kind thing to do. Next time you see someone with food in their teeth, their zipper down or food on their face, tell them kindly. What are ways you can tell them kindly?

Suggested answers: by whispering it in their ear, by offering them a tissue, by giving a silent gesture!

Kindness in Action

Find a quote that is meaningful to you and write it here or in your RAK journal.
What Do Honesty & Integrity Mean?

Directions: Choose TWO of the quotes below and answer the questions.

“INTEGRITY IS DOING THE RIGHT THING, EVEN WHEN NO ONE IS WATCHING.” – C.S. LEWIS, AUTHOR

Do you agree with this quote? Why or why not?

What does this quote mean to you?

“INTEGRITY IS TELLING MYSELF THE TRUTH. AND HONESTY IS TELLING THE TRUTH TO OTHER PEOPLE.” – SPENCER JOHNSON, AUTHOR

Do you agree with this quote? Why or why not?

What does this quote mean to you?

“HAVE THE COURAGE TO SAY NO. HAVE THE COURAGE TO FACE THE TRUTH. DO THE RIGHT THING BECAUSE IT IS RIGHT. THESE ARE THE MAGIC KEYS TO LIVING YOUR LIFE WITH INTEGRITY.” – W. CLEMENT STONE, AUTHOR

Do you agree with this quote? Why or why not?

What does this quote mean to you?

What does it mean to you to be honest? How are you honest with others?

What does it mean to you to have integrity? How do you show integrity?