



Honesty and Integrity Unit

Grade 5 • Ages 10-12

TIME FRAME

Preparation: 15 minutes
Instruction: 30 minutes

MATERIALS

Two bags of M&Ms, one filled with candy, the other emptied and filled with something else (such as another kind of candy, sand or small pebbles)

Bowls to empty bags into

What do Honesty and Integrity Mean?
Activity sheet, one for each student

RAK Journals

[Kindness Concept Posters](#) for Integrity, Responsibility, Self-Discipline

LEARNING STANDARDS

Common Core: CCSS.ELA-Literacy.SL.5.1; CCSS.ELA-Literacy.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](#)

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.

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|-----------------------|--|
| 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. |



The RAK paradigm is the framework for teaching and building kindness skills.

RAK lessons teach kindness skills through a step-by-step framework of **Inspire, Empower, Act** and **Share**.

The **Share** step in the first lesson of each unit is intended to set the tone for teaching kindness.



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. It is admitting mistakes even when you know someone might be angry or disappointed. Being honest means that you don't pretend to be something you are not. 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)

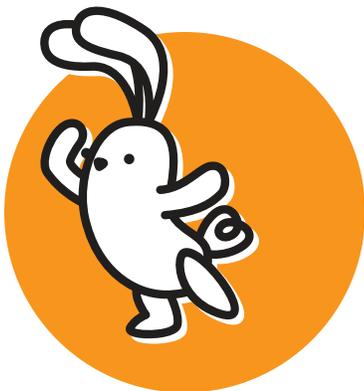
To gauge understanding of the material, choose from either the evaluation or reflection questions as discussion, writing or journal prompts. Consider providing additional time for deeper evaluation and reflection as needed.

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)

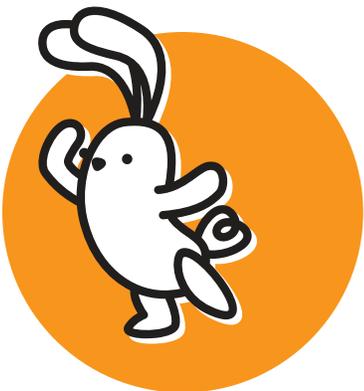
Kindness Minute

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?

NAME

PLEASE RETURN BY

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?

