

# An Honest Review

At this age, the concept of integrity can be difficult to understand. As such, this lesson focus will be on learning about honesty. This lesson will go deeper into honesty through a review of deceitful actions and a brainstorming session on how people can be more honest, even when they make poor choices.

## Integrity Sub-Concepts

Kindness

## Lesson Timeframe

45 minutes

## Required Materials

*Berenstain Bears and the Truth* by Stan and Jan Berenstain  
 Internet access if Youtube link is used  
 Blank paper  
 Basic art supplies

## Standards Map

This lesson aligns with CASEL Competencies, National Health Education Standards, and Common Core State Standards. Please refer to the [Standards Map](#) for more information.

## Lesson Objective

Students will be able to:

- Explore ways to be honest in difficult situations.
- Use art to identify how dishonesty negatively affects you.

## Teacher Connection/Self-Care

Students come from all different home situations. Remember- you cannot control that. All you can do is show up, be present and follow through on your words. Your integrity lays a foundation.

### Tips for Diverse Learners

- Photocopy pictures of the book that show the lie being told (or use screenshots on your smartboard if possible) to help visual learners and students with attention deficits focus on their specific task.
- Encourage strong writers to write down a description of their picture using their own words and spelling.

## Share



3-5 minutes

Today we are going to focus on integrity and honesty. **Integrity** means *doing what you know is right and kind in all situations*. That means telling the truth even when no one is watching you. Invite the class to brainstorm some times when they were alone and it was tempting to be sneaky. The teacher can offer to go first with this example:

- *There were fresh cookies on the counter. I didn't know what they were for, but they smelled really good and I wanted one. No one was around. What should I do?*

Invite student responses.

When students have given their examples, conclude:

- Yes, all of those examples are times when we can practice integrity. Doing what we know is right and kind in all situations can be harder when no one is around to remind you. Today our focus is on another difficult situation- the decision to be honest when others around you are not.



## Inspire

7-10 minutes

This week explain to students that you will practice choosing honesty even when others have already decided on lying. Part of being a kind friend is helping others to be honest in all situations!

**Ask:**

- What does honesty mean?

*Yes, being honest means always telling the truth, no matter what! This is not always easy, but it is the kind choice to make, even when we are scared that we might get in trouble.*

**Ask:**

- How do our words show honesty?
- How do our actions show honesty?
- Why is it important to always be honest and tell the truth?

*These are great answers! Remember, Honesty is the Best Policy! This is always true, no matter what is happening. It might feel scary, but it is always better to be honest than to lie and get in trouble twice!*

**Read:** “The Berenstain Bears and the Truth,” by Stan and Jan Berenstain

**Read Aloud Link:** [The Berenstain Bears and the Truth - Read Aloud](#) (8.5 min)

To help us understand the importance of honesty, we will read a story about two bears who get themselves into trouble by creating a huge lie to cover up a poor choice they made.

After finishing the book, guide a discussion using the following questions:

- What poor choice did the little bears make in the story? (played with the ball in the house)
- What lies did they create to hide their poor choice?
- How did their parents react to all of the lies?
- Do you think their parents knew they were lying from the beginning?



## Empower

20 minutes

Explain that each student will now create a picture to illustrate 1-2 examples of dishonesty and lies they heard in the book.

**Step 1:**

Have each student fold their paper in half.

**Step 2:**

Instruct the students to draw an example of one lie they heard within the book. If time allows, encourage them to add a second example on the other half of the paper.

**Step 3:**

Have each student explain what they drew and why they drew it. How does your picture illustrate dishonesty? How could the little bears have been more honest in what really happened? Write their answers down on the paper.



## Reflect

5-10 minutes

If time allows, have several students share their pictures with the rest of the class. Hang the pictures up on the wall as a reminder of dishonesty. Use the illustrations in the future when encouraging honesty as the best policy in your classroom!



## Extension Ideas

Write the word honesty on the board with each letter going down. As a class, brainstorm situations in which you could be honest.



DESIGNATED BY CASEL  
AS A RECOMMENDED  
PROGRAM FOR SOCIAL  
AND EMOTIONAL  
LEARNING.

The Collaborative for Academic, Social, and Emotional Learning (CASEL) has been reviewing evidence-based SEL programs since 2003. Kindness in the Classroom® meets CASEL's SElect Program and is included in the [CASEL Guide to Effective Social and Emotional Learning Programs](#).

Kindness in the Classroom® met or exceeded all of CASEL's criteria for high-quality SEL programming. Kindness in the Classroom® received CASEL's highest designation for high-quality SEL programming.

<https://casel.org/guide/kindness-in-the-classroom/>