

A Community of Integrity

The focus of this lesson will be on learning about honesty and perseverance. We lay the foundation for integrity by discussing how we build positive reputations through kind, caring, and honest behaviors and actions. This lesson focuses on how we can build a community of integrity, specifically at the school. Students will work together as a class to identify a common goal for the school and then execute their plan with a focus on maintaining integrity as they do the work of reaching their goal.

Integrity Sub-Concepts

Perseverance, Kindness

Lesson Timeframe

45 minutes

Required Materials

- Basic art supplies
- Other supplies
(depending on your class goal)
- Action Step Template

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:

- Create a step-by-step plan for building a community of integrity.
- Examine areas needing improvement within the school as it relates to integrity.

Teacher Connection/Self-Care

Do your words and actions both inside and outside the classroom convey respect with regards to every student? Say what you mean and mean what you say. Your kind words and actions make all the difference!

Tips for Diverse Learners

- Identify ways each child can help accomplish the class goal regardless of physical or verbal limitations.
- Draw pictures during the brainstorming session to aid in comprehension.

Share

5 minutes

Read each scenario aloud and have students decide if the person was honest or not (have them stand tall if the person practiced honesty, have them stay sitting if they did not).

- A plate of cookies are left on the counter and Paul decides to take a lick off the side of the plate of crumbs. His mom asks him if he touched the cookies. He says no.
- Johanna forgot her homework, but is able to do it quickly on the bus. Her teacher thanks her for doing her homework at home. Johanna corrects her and admits to doing it last minute on the bus.
- Blaze's parents tell him to be inside before 6:00 pm for dinner. He comes inside at 6:07, but his father doesn't notice because he's on

the phone with a family friend. His dad thanks him for being on time. Blaze doesn't tell his dad he was a little late.

Telling the truth and acting with integrity can be difficult when no one is around to see your decisions. Remember **integrity** is *doing what you know to be right and kind in all situations*, even when you are likely to get away with something.



Inspire

Overview of Building Integrity in our School

2-3 minutes

Explain that this lesson will target how we can help our school community demonstrate greater integrity. Our class will help build a community of integrity by executing a common goal of school integrity. To do this, we must first decide what having a community of integrity looks like.

Brainstorming Session

7-10 minutes

Draw an empty school on the board (or on a large piece of paper). Ask the class to brainstorm ways they can build a greater sense of integrity, honesty, and perseverance within our school community. Aim for at least 10 solid ideas based on your school needs. If your class gets stuck, ask the following questions to spark conversation:

- What areas in our school could use some help or kindness?
- What is one way students can show honesty?
- What change in our school would make you feel like you can persevere through challenges?
- How can we encourage each other to be honest and hard working?

Some ideas might be helping out more around the school to keep it clean and inviting, making sure we do our own work, setting school-wide goals and posting encouraging messages to help people reach their goals, designing posters about honesty and integrity, showing up for school on time every day, and following all the school rules.



Empower

20 minutes

Part 1 (if you decide to split up the lesson):

Narrow down your large list to the top three and vote as a class. The winning vote will become your Class "School Community of Integrity Goal". Using the template below identify three actions that can help the class obtain their School Community of Integrity Goal.

- **Note:** Make sure that you create actions that accommodate visual, auditory, and kinesthetic learners. For example, if your goal is picking up trash, your actions might be: creating posters to inspire others to help, creating a catchy phrase or song to sing in other classrooms as

you try to gain community support, or actually completing a clean sweep of the school each day after lunch.

- Write each action step in its own column. Include a simple picture to help with comprehension.
- Hang your Goal Sheet up in a prominent place if space allows. (If needed, end the first lesson here as this is a natural break within this activity.)

Part 2:

- Once the three action steps are created, work through each step as a whole group. How will we accomplish this action? Do we need supplies? Do we need adult supervision outside of the classroom? (If so, you may choose to have this action completed when you have a parent volunteer present.)
- Remind them that they are focusing on how to increase the level of integrity within the school community. Each person's talents are a valuable asset to this project! Work together as a team to complete each action step. Your goal is to unite as a class to accomplish your ultimate goal of demonstrating kindness and integrity to the school as a whole.
- After all the action steps have been prepared, get out there and start spreading kindness and inspiring a community of integrity!

Reflect



5-10 minutes

This lesson will require ongoing reflection as to how your action steps are working, if they need to be adjusted, etc. After you have created your goal, the action steps, and collected the tools needed to follow through, process your progress on a routine basis. The following questions can help guide the conversation:

- How has our School Community of Integrity goal changed our school in a positive way?
- How has our class been able to spread kindness through this goal?
- What changes should we make to go deeper, reach more people, and/or make a bigger change (depends on your goal)?

Increasing integrity, honesty, and perseverance will not happen overnight. It takes PERSEVERANCE! Encourage your class to continue this goal throughout the year by creating a habit of integrity moving forward. During reflection time your class may also begin to notice that an additional action step or an adjustment to a current action step is needed to ensure the overall goal is met. That's okay! Part of goal setting is continual review and adjustment.



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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/>

School Community Respect Goal

Action Steps

RANDOM ACTS OF KINDNESS® FOUNDATION