

Integrity Through Kindness

This lesson introduces students to Integrity through the use of a real-life story of sportsmanship. Students will analyze integrity through the lens of kindness as they read, hear, or watch the story of two college softball players who helped a member of the opposing team score her first home run after injuring herself running the bases. The story gives students the opportunity to see how these players chose to do the right thing at the right time, even though no one asked them to and they didn't have to. Through their act of kindness, they showed not only the teams and spectators, but also the whole world, how to act with integrity, even in the face of competition.

Integrity Sub-Concept(s)

Kindness

Lesson Timeframe

35-40 minutes

Required Materials

- ☐ Computer or speakers to play the podcast and/or video

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:

- Analyze integrity through the lens of kindness.

Teacher Connection/Self-Care

As teachers, we are held to a level of integrity that is unprecedented in any other profession. Let's be honest. You are here because of the students. How can you start and end each day with this simple statement in mind?

Tips for Diverse Learners

- There are three modes through which students can learn this story: audio, video, or reading an article. Pick the mode that is most appropriate for your learners or set up stations and allow students to self-select how they learn the story. Note that the modes of presentation vary in length (podcast is about 11 minutes; video is about 7 minutes; and the article is about 700 words at an 8th grade reading level).



Share

3-5 minutes

Today's lesson is about integrity. That can feel like a big word, but you have probably heard it before. Can anyone define integrity for us?

Give several student volunteers a chance to provide a definition.

*These are all good definitions of integrity! The definition of **integrity** that we will use is: doing what you know is right and kind in all situations.*

This can be hard! Raise your hand if you have been in a situation where you knew the right thing to do but felt pressure to do the wrong thing instead?

Let students raise their hands.

I think we have all been in this situation. It can be hard to consistently do the right, honest thing, but it is important that we build skills to help us do this.



Inspire

15-20 minutes

Today's lesson will include a story from the organization "Pass It On". You have probably seen their commercials or billboards. If you have access to a smartboard, project an example billboard from their website:

<https://www.passiton.com/inspirational-sayings-billboards>

Each billboard is dedicated toward a principle that helps us be people of integrity. This includes honesty, kindness, and hard work. When we have integrity, we work to always be kind and do what is right, to be honest, to finish what we start, and to work hard to be our best selves through setting goals.

We are going to focus this lesson on kindness and doing the right thing, even if it means sacrificing something for ourselves.

We are going to listen to a podcast that tells the story of two softball teams and how one team helped the other team, even though they didn't have to. They chose to do the right thing at the right moment, even though they ended up losing the game.

Podcast (11 min.)

<https://www.passiton.com/inspirational-audio-stories/13-sportsmanship>

Accompanying video (7 min.)

https://www.youtube.com/watch?time_continue=31&v=jocw-oD2pgo

If you cannot listen to the podcast in class, you can read (or have students read) an article about the story here:

<https://www.cbsnews.com/news/unbelievable-act-of-sportsmanship/>



Empower

10-15 minutes

Reflection questions: These can be discussed in small groups, as a class, or individually in journals.

- How did the two players from Central Washington University show integrity when they asked if they could carry the injured player from the Western Oregon University team? (You can also point out that Sara showed integrity by returning to first base. She knew she had missed the base and instead of running ahead, she stopped to go back. She could have kept going and lied about missing it.)
- Why do you think this story gained so much attention? (If you could not listen to the podcast, you can let students know that the two players who carried the injured player were interviewed on ESPN and

RANDOM ACTS OF KINDNESS
FOUNDATION®

other news organizations, they were on the Ellen DeGeneres show, and they won an ESPY (Excellence in Sports Performance Yearly) award for “Best Moment” in 2008.

- In what ways can you show kindness toward others that also shows integrity?
- Draw a picture or write a paragraph that describes a situation where someone shows integrity through kindness.



Reflect

3-5 minutes

Years after this happened, Sara, the player who was injured and carried, was asked by a reporter if that moment changed her as a person. She went home to think about it, and then later sent the reporter an email with her answer. This is some of what she wrote:

"This home run did not change me as a person, but it has had a huge impact on how I see a moment," Sara wrote. "What I learned from Mallory (one of the opposing players who helped her) that day is that we always have the opportunity, in every moment, to see the bigger picture. And if we can pause in moments like those and make choices based on integrity and kindness, I think we'd see a lot more good in this world."

That was a cool story, wasn't it?! Those two players did not start the game with a plan to do something kind for the opposing team. They didn't ask for thank yous and they didn't expect all of the attention they got. They simply did the right thing at the right moment. How many of you think you would have done that for the hitter, Sara? The next time you see an opportunity to do the right thing, even if no one else is watching or will notice, give it a try. You never know how it will impact another person.



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/>