

# Honesty

Grade 5 • Ages 10-12

Kindness means being friendly, generous or considerate to ourselves and others through our words, thoughts and actions.



These lesson plans were created by The Random Acts of Kindness Foundation. For more information, please visit [randomactsofkindness.org](http://randomactsofkindness.org)

If you have questions or comments, please email us at [teacherhelp@randomactsofkindness.org](mailto:teacherhelp@randomactsofkindness.org)

## Honesty and Integrity

Being able to make a choice to do the right thing in complex situations is an act of kindness to ourselves and others. Students understand how to respond to social situations with honesty and integrity.

### Unit Objective

Students will be able to analyze the benefits of being honest and how having integrity can help show kindness to themselves and others.

### Introducing This Unit To Your Students

*For the next few days, we are going to learn about honesty and integrity. What do honesty and integrity mean to you?*

Allow students to discuss with a partner, in small groups or as a class. You can also use this time to introduce the Kindness Concepts (integrity, responsibility, self-discipline) and create community definitions for these concepts or share the definitions listed below. Ensure that students are able to differentiate among these concepts and can use them in the appropriate contexts. Consider using the Kindness Concept Posters for integrity, responsibility, and self-discipline as a way to reinforce learning.

# Kindness Concepts

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.

**SELF-DISCIPLINE** Controlling what you do or say so you don't hurt yourself or others.

## Unit Lessons

There are four lessons in this unit plus an optional lesson if you have time.

LESSON TITLE	LESSON GOALS	LESSON MATERIALS
Lesson 1: Defining Honesty and Integrity	Students will share what honesty and integrity mean to them with a small group.	<ul style="list-style-type: none"><li>• Two bags of M&amp;Ms, one filled with candy, the other emptied and filled with something else (such as another kind of candy, sand or small pebbles)</li><li>• Bowls to empty bags into</li><li>• What do Honesty and Integrity Mean? Activity sheet, one for each student</li><li>• RAK Journals</li><li>• <a href="#">Kindness Concept Posters</a> for Integrity, Responsibility, Self-Discipline</li></ul>
Lesson 2: How Honest Are You?	Students will show how strongly they agree or disagree with a variety of statements.	<ul style="list-style-type: none"><li>• Signs that say "Strongly Agree" and "Strongly Disagree", posted on opposite walls before starting the activity</li><li>• How Honest Are You? Story and Question Sheet, one copy for the teacher</li><li>• Foundation for a Better Life "Purse: Honesty" video <a href="http://www.values.com/inspirational-stories-tv-spots/112-purse">http://www.values.com/inspirational-stories-tv-spots/112-purse</a></li><li>• RAK Journals</li><li>• <a href="#">Kindness Concept Posters</a> for Integrity, Responsibility, Self-Discipline</li></ul>
Lesson 3: Why Cheat?	Students will explore different cheating scenarios and explore how to react with integrity.	<ul style="list-style-type: none"><li>• The Foundation for a Better Life "Classroom" video (1 min) <a href="http://www.values.com/inspirational-stories-tv-spots/91-classroom">http://www.values.com/inspirational-stories-tv-spots/91-classroom</a></li><li>• PBS, It's My Life Clip "Cheating" (2:56 min) <a href="https://www.youtube.com/watch?v=VKnh0IC7-1M">https://www.youtube.com/watch?v=VKnh0IC7-1M</a></li><li>• RAK Journals</li><li>• <a href="#">Kindness Concept Posters</a> for Integrity, Responsibility, Self-Discipline</li></ul>
Lesson 4: Consequences of Cheating	Students will explore the variety of ways people cheat and what the consequences of their actions are.	<ul style="list-style-type: none"><li>• Large sheets of chart paper, one for each group of four students. Before class, create a T-chart on each poster paper. As the heading for one section write "Examples of Cheating," and on the other write "Consequences of Cheating."</li><li>• RAK Journals</li><li>• <a href="#">Kindness Concept Posters</a> for Integrity, Responsibility, Self-Discipline</li></ul>

## YOUR NOTES

## Unit Notes

The activities in this lesson focus on a central theme and connect to different academic curriculum areas.

The lessons are intended to be easy to teach and fun to use while helping to develop social and emotional skills.

Lesson activities use a variety of modalities to address different learning styles and build on each other.

Each lesson includes choice of evaluation or reflection questions, which can be written, discussed or used as journal entries. Consider writing these on the board before the lesson begins.

The activities also incorporate key Kindness Concepts, which can be introduced before teaching the lesson or as the concepts are discussed in the lesson. Consider displaying the [Kindness Concept Posters](#) during the unit. See the [RAK Educator Guide](#) and [Building Trust in the Classroom](#) for information about using Kindness Concepts to create a healthy classroom environment and help students develop pro-social behaviors.

Each activity includes tips for how to adapt the curriculum to meet the needs of diverse learners.

[The Kindness Tool Kit](#) is another way to meet the needs of diverse learners. See the [RAK Educator Guide](#) for how to create and use this tool kit.

RAK also has developed [Focusing Strategies](#) and [Problem-Solving Strategies](#) to help students better regulate their emotions, think through challenging situations, and build healthy relationships, friendships and community. See the [RAK Educator Guide](#) for more information about incorporating those strategies into the unit.

Establishing kindness as the norm in your classroom positively influences classroom culture. By setting kindness as the expected behavior and having everyone agree to that norm, your students gain responsibility for maintaining an environment that is kind to everyone

The Common Core, 21st Century, SEL and Colorado P-12 Academic Standards met in this unit are listed at the start of each lesson. A [Learning Standards Key](#) is provided on the website for your reference.

