

# Integrity

Our Young Kindness in the Classroom lessons teach kindness skills through a combination of literacy, math and science, citizenship, and music/movement activities that allow our youngest students a chance to explore difficult abstract concepts through a variety of concrete opportunities.



This unit is the fourth of our six-unit series, which lasts six months. If your school operates year-round, this cycle can be used during the second half of the year for your older 4-6 year old class. The focus at this age is exposure to three basic components of integrity (honesty, trust, and kindness) and ample time to practice skills related to this concept.

## Overview of Integrity Unit

This packet contains everything you will need to complete this four-week unit. This is broken down into three core components:

- **Unit Overview** This includes a snapshot of everything covered in the following four learning domains:
  - **Literacy** There are 4 read-alouds PLUS activities and printables
  - **Math/Science** Counting, Patterns, Experiments, etc.
  - **Citizenship/Social Studies** Our themed RAK character will take students through community-based INTEGRITY and HONESTY activities
  - **Music & Movement** Rhymes, fingerplays, chants, etc. to reinforce INTEGRITY
  - ONE **PROJECT** IS ALSO INCLUDED EACH WEEK!
- **Weekly Plans** Each week includes all 4 domains and covers the following themes:
  - Week 1: **Honesty, Integrity, Kindness**
  - Week 2: **Honesty, Integrity, Kindness**
  - Week 3: **Honesty, Trust, Integrity**
  - Week 4: **Honesty, Integrity, Manners**
- **Printables** Each learning domain includes at least one printable to help reinforce the concept and practice basic fine and gross motor skills. The INTEGRITY unit includes the following:
  - I is for INTEGRITY coloring sheet (**Literacy**)
  - Creating Mosaics (**Math**)
  - Window Puzzle Reconstruction (**Critical Thinking**)
  - Telephone Game (**Music & Movement**)
  - **And more..!**

# Integrity

<b>RAK Concept:</b> <b>Integrity</b>	<b>Read Aloud/                      Literacy</b>	<b>Math/Science</b>	<b>Social Studies/                      Citizenship</b> RAK ANIMAL- Izzy the Sheep & Harry the Hen	<b>Music &amp; Movement</b>
<b>Week 1</b> <i>Themes:</i> Honesty, Integrity, Kindness  <b>PROJECT-</b> <i>Creating Mosaics</i>	<i>Ruthie and the Not So                      Teeny Lie</i> by Laura Rankin <a href="https://youtu.be/qrxibsccgKI">https://youtu.be/qrxibsccgKI</a>	Smallest to Biggest Bear Sorting	Izzy tells a bunch of tiny lies and Harry helps her to be honest.	Telephone game
<b>Week 2</b>  <i>Themes:</i> Honesty, Integrity, Kindness  <b>PROJECT-</b> <i>Flower Pot book</i>	<i>I Didn't Do It!</i> by Sue Graves <a href="https://youtu.be/stEmU9wErsQ">https://youtu.be/stEmU9wErsQ</a>	Fixing Windows Puzzle	Izzy breaks a vase and Harry helps her to own up to it.	Honesty Red Rover
<b>Week 3</b> <i>Themes:</i> Honesty, Trust, Integrity  <b>PROJECT:</b> <i>Show and Tell the                      truth award</i>	<i>A Children's Book                      About Lying</i> by Joy Berry <a href="https://youtu.be/_U-KhVLhs8o">https://youtu.be/_U-KhVLhs8o</a>	Truth vs. Lie Red Light Green Light	Izzy and Harry practice showing and telling the truth.	We are Honest Song
<b>Week 4</b> <i>Themes:</i> Honesty, Kindness, Manners  <b>PROJECT:</b> <i>Mealtime                      Manners of                      Kindness</i>	<i>Being Frank</i> by Donna W. Earnhardt <a href="https://youtu.be/GkAPYD8IjvA">https://youtu.be/GkAPYD8IjvA</a>	This vs. That Kind Honesty Game	Izzy and Harry work on being kind with their words.	Be Kind Fingerplay

# Integrity Week 1

**Theme:** Honesty, Integrity, Kindness

**Book of the Week:** *Ruthie and the Not So Teeny Lie* by Laura Rankin

**Materials:** Book of The Week, Bears of Different Sizes, Letter 'H' printable (below), small multicolor paper squares, construction paper, glue sticks

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## Literacy



### Share

Read *Ruthie and the Not So Teeny Lie* by Laura Rankin

Read Aloud Link: <https://youtu.be/grxibscgKI>

Together, discuss Ruthie's not so teeny lie. What happens when she lies? How does it build up as she makes up more lies?

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## Math & Science



### Inspire

**BEAR SORTING:** Using counting bears of various sizes (or other items on hand), have students line them up by size from smallest to largest. Discuss that teeny, tiny, small lies can grow and build into large lies if we do not stop and tell the truth!

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## Citizenship & Social Studies



### Empower

Introduce **IZZY** the Sheep with **INTEGRITY** and her best friend **HARRY** the **HONEST HEN**. For some of you, Izzy and Harry may be familiar! Izzy and Harry always travel together with Harry on Izzy's back. Integrity and Honesty go together, just like they do! Izzy and Harry will follow us this entire month. Whenever we see **IZZY** (choose a **SHEEP**), and **HARRY** (choose a **HEN**) we think of **INTEGRITY** and **HONESTY**. **Read WEEK 1 of the IZZY and HARRY script located at the end of this unit.**

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## Music & Movement



### Reflect

Using the Instruction sheet at the end of the unit, play the following:

#### Telephone

(by anonymous)

1. **Have students sit in a large circle. Starting with the teacher, come up with a simple phrase (I like pepperoni pizza) and whisper it into your neighbor's ear.**
2. **Each person must repeat what they heard (and only what they heard) to the person on their right.**
3. **The last person to receive the message must repeat what they heard to the entire class.**

Emphasize how teeny lies can spread and change the more they are repeated!

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## OPTIONAL PROJECT



### Project

Using the letter "H" printable below, have students create mosaic "H"s using small square pieces of paper. Remind them that teeny, tiny things can build up to create something much bigger, just like the lies in the book!

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# Integrity Week 2

**Theme:** Honesty, Integrity, Kindness

**Book of the Week:** *I Didn't Do It!* by Sue Graves

**Materials:** Book of The Week, Window Puzzle printable (see below), Basic Art supplies, glue sticks, Flower Pot story (see below) stapler

## Literacy



### Share

Read *I Didn't Do It!* by Sue Graves

Read Aloud Link: <https://youtu.be/stEmU9wErsQ>

Together, discuss all the little lies the characters in the stories tell. Why are they always blaming each other? What are they scared of? Discuss the importance of owning up to things the first time.

## Math & Science



### Inspire

**WINDOW PUZZLE:** Using the printable below, have students cut out the pieces of the window and glue them together in the correct pattern on a piece of construction paper. To help them, draw the outline of the window on the construction paper to guide them. It is important to **SHOW** and **TELL** the truth when we make a poor choice!

## Citizenship & Social Studies



### Empower

IZZY and HARRY are owning up to a lie they told today, which is super hard sometimes! They work hard to choose **INTEGRITY** and **HONESTY** Whenever we see IZZY (show sheep), and HARRY (show hen) we think **INTEGRITY** and **HONESTY**. Let's find out how they are using honesty this week!. **Read WEEK 2 of the IZZY and HARRY script located at the end of this unit.**

## Music & Movement



### Reflect

Using the Finger Play sheet at the end of the unit, chant the following:

**Honesty Red Rover** by Lisa Rose  
plays like traditional 'Red Rover'

**Form 2 teams.**

**Each team will hold hands, and face the other team.**

**Play outside to allow room to run between teams.**

**Start by the teacher calling a student by saying:**

**Red Rover, Red Rover,**

**Send Honest \_\_\_\_\_(insert child's name) right over!**

**The student leaves their team and tries to break through the other team's chain.**

See game sheet for complete instructions.

## OPTIONAL PROJECT



### Project

**FLOWER POT BOOK:** Create a simple book similar to the flower pot sequence at the end of the book of the week. Have students color and cut out the pages and then dictate what is happening on each page as the teacher writes their words down under the image. Staple them together in the correct sequence.

# Integrity Week 3

**Theme:** Honesty, Trust, Integrity

**Book of the Week:** *A Children's Book About Lying* by Joy Berry

**Materials:** Book of The Week, True or A LIE printable, decorative art supplies, AWARD printable (see below)

## Literacy



### Share

Read *A Children's Book About Lying* by Joy Berry

Read Aloud Link: [https://youtu.be/\\_U-KhVLhs8o](https://youtu.be/_U-KhVLhs8o)

As a class, talk about how to SHOW and TELL the truth to others. How do we show honesty with our actions? How do we tell the truth with our words?

## Math & Science



### Inspire

TRUE or A LIE? Play a modified version of "Red Light, Green Light". Have all the students line up on one end of the room. Using the printable below, read aloud each sentence. If the statement is TRUE, each student moves forward 3 steps. If the statement is A LIE, each student takes one step backward.

When they reach the finish line, remind them that they got there by telling the truth!

## Citizenship & Social Studies



### Empower

IZZY and HARRY are back! Izzy and Harry always choose honesty and integrity, even when no one else is around. Izzy and Harry aren't sneaky, but sometimes it can be tempting. Whenever we see IZZY and HARRY, we think of INTEGRITY and HONESTY. Izzy and Harry decide to choose integrity and honesty with something they found this week. **Read WEEK 3 of the IZZY and HARRY script located at the end of this unit.**

## Music & Movement



### Reflect

Using the Finger Play sheet at the end of the unit, chant the following:

**We are Honest** by Lisa Rose  
(To the tune of "Brother John")

**We are Honest, We are Honest,**  
(point to yourself and others)

**Yes, we are! Yes, we are!**  
(nod head)

**We tell the truth in all we do**  
(spread arms out wide)

**You trust me and I trust you**  
(point to each other)

**We are honest!**

**We are honest!**

(point to yourself and others)

## OPTIONAL PROJECT



### Project

SHOW and TELL the TRUTH AWARDS. Using the printable below, create awards for each student. Have them decorate them and then have each student share how they "show and tell the truth" at school. Give examples such as "How do you show and tell the truth when you break something?" etc. If needed. Hang the awards on your bulletin board!

# Integrity Week 4

**Theme:** Honesty, Integrity, Kindness

**Book of the Week:** *Being Frank* by Donna W. Earnhardt

**Materials:** Book of The Week, counting blocks or legos, one die, black construction paper, white tempera paint, glue

## Literacy



### Share

Read *Being Frank* by Donna W. Earnhardt

Read Aloud Link: <https://youtu.be/GkAPYD8IjvA>

Together, talk about the mean ways vs the kind ways in which Frank talks to others. How can honest but mean words hurt others?

## Math & Science



### Inspire

THIS vs. THAT Using the printable below, read each honest statement aloud. Have students decide if it is MEAN or KIND. If it is mean, everyone walks to the front of the classroom. If it is KIND, everyone walks to the back of the classroom. Afterward, work together to change the honest but mean statements into honest and kind statements.

## Citizenship & Social Studies



### Empower

Talk with IZZY and HARRY about how much your class has learned about integrity and honesty. Izzy and Harry always travel together with Harry on Izzy's back. Integrity and Honesty go together, just like they do! Even though this is our last week on Integrity and Honesty, Izzy and Harry will stay with us this year to remind us to always choose INTEGRITY and HONESTY. **Read Part 4 of the IZZY and HARRY script located at the end of this unit.**

## Music & Movement



### Reflect

Using the Sing-Along sheet at the end of the unit, chant the following:

**Be Kind**  
by Anonymous

**5 little children standing in a row**  
(hold up 5 fingers)

**They are kind to others everywhere they go.**  
(walk hand in front of the body)

**I am one of the children**  
(point to self)

**Standing in a row**  
(hold up 5 fingers)

**I'll be kind to others**  
(point to self)

**Wherever I go.**  
(walk hand in front of the body)

## OPTIONAL PROJECT



### Project

Practice Kind Honesty while having a meal as a class. Include food that may be new or is commonly not liked by young children (certain vegetables, spicy food, etc.). Remind students that they can be honest AND kind at the same time. Example- Instead of saying, "yuck, I don't eat that!" you can say, "That food is not my favorite, no thank you."

## Izzy and Harry Script- WEEK 1

Meet Izzy, a 4-year-old sheep that is part of our RAK family! Izzy always chooses integrity, which can be a big word for us! Integrity means doing what we know is right all the time, even when no one is around.

Like when your mommy makes cookies and leaves them on the counter! But Izzy has a special friend on her back, Harry the hen, her best friend that helps her. Harry is honest in everything he says and does. He always tells the truth! IZZY and HARRY are ALWAYS together, just like INTEGRITY and HONESTY. Izzy and Harry will follow us this entire month. Whenever we see IZZY (show sheep) and Harry (show hen on sheep's back) we think about INTEGRITY and HONESTY.



Today Izzy and Harry are at the park playing with their friends Raphael and Isaac. Izzy has a new ball.

Raphael asks her where she got it. "I bought it with the money I found in the garden behind my house!" she tells him. Harry frowns. He knows she actually got it for her birthday. "Oh wow! So you have treasure hidden behind your house?" asks Isaac. "Yep! I've also found gold and diamonds too!" Izzy responds. Harry starts to feel very upset. He knows that's not true either! Harry thinks about what he should do. "Izzy, that's not true. I know we all wish we had treasure in our backyards, but that ball came from your birthday last week. And you don't have any gold or diamonds, do you?" he says. "Well no, not really," she answers. "We should always tell the truth and be honest, Izzy. That way our friends will trust us more!" Harry tells her. She agrees and apologizes for lying to her friends. Harry made the right choice speaking up when he heard her teeny, tiny lies. He helped Izzy stop lying before it became too big. How can you help someone when you know they are lying? Remember to be kind with your words, even when you are honest.

## Izzy and Harry Script- WEEK 2

Izzy and Harry are back! Who remembers IZZY'S INTEGRITY and HARRY'S HONESTY? Izzy shows integrity by doing what is right and kind all the time and Harry is honest by always telling the truth. Izzy and Harry are always on the hunt for ways to practice INTEGRITY and HONESTY. This week, Izzy and Harry are learning the difference between the truth and a lie after breaking a vase in Izzy's living room. Izzy and Harry are jumping rope inside the house, even though they are only supposed to play outside. Izzy's jump rope catches on the vase and knocks it over! "Oh no! Let's get out of here before we get in trouble!" Izzy shouts. "No, Izzy. That isn't honest and doesn't show INTEGRITY." responds Harry. "We need to do the right thing, which is telling the truth. We broke the rules and the vase. Let's go tell your mom." Izzy and Harry tell her mom what happened. It was scary, but her mom didn't get mad. Instead, she thanked them for choosing HONESTY. Although they were not allowed to jump rope for the rest of the day, they could still play together outside. Izzy and Harry made the right and kind choice by being honest. Have you ever broken something by accident? If so, were you able to speak up? It can be hard to tell the truth, but when we use INTEGRITY and HONESTY, others know that we can be trusted. How else can you be honest when playing?

### Izzy and Harry Script- WEEK 3

*One evening, Harry comes over to Izzy's house for dinner. After dinner, Izzy's father asks Izzy and Harry to clean up the playroom. All the grownups leave the room to finish their own chores. Izzy and Harry are all by themselves. They look at all the toys scattered all over the room. "This is a big chore!" says Harry. "Yes, but at least we can do it together!" says Izzy. "It's tempting to leave this and go play outside," says Harry. "I know it is," says Izzy. "But our INTEGRITY means we always do what is right and kind, even when nobody's watching us. If we work together we can finish and make it all clean quickly!" Izzy and Harry finish their chore with pride and her father is VERY proud of them. "Thank you so much!" he tells them. "I know I can trust you two now. You are HONEST and show INTEGRITY." Izzy and Harry feel excited and happy. They made the right and kind choice during their chore. How else can they choose HONESTY and INTEGRITY at home? How about with their friends?*

### Izzy and Harry Script- WEEK 4

*Izzy and Harry are at Harry's house today! They continue to work on INTEGRITY and HONESTY while playing dress-up. Harry tries on a bright green hat and a silly polka dot shirt. "How do I look Izzy?" he asks. Izzy thinks he looks ridiculous. "Um, you look really dumb!" she says. Harry starts to cry. "Oh no, I'm sorry Harry! I wasn't being very kind. What I mean to say is that green hat and the polka dot shirt remind me of a clown!" she responds. "Oh wow, thanks!" he says. "That's exactly what I wanted to look like! Next, it's Izzy's turn. She puts on 10 shiny necklaces and 3 ties and walks out. "What do you think?" she asks. Harry thinks she has too many necklaces. He thinks about how to say what he is thinking. "Wow, you sure did choose a lot of necklaces didn't you!" he tells Izzy. "Yes, I did, but I wasn't sure if it was too many. What do you think?" she asks him. "Well, since you asked, I do think it is a lot. Maybe 2 or 3 might look better?" Harry answers. She thinks it over. "You know what? You're exactly right!" she says and gives him a hug. "Thanks for telling me the truth, friend!" Harry and Izzy are learning how to be both honest and kind. How else could Harry have answered Izzy's question without being rude? How can you be honest and kind with your friends, teachers, and parents?*





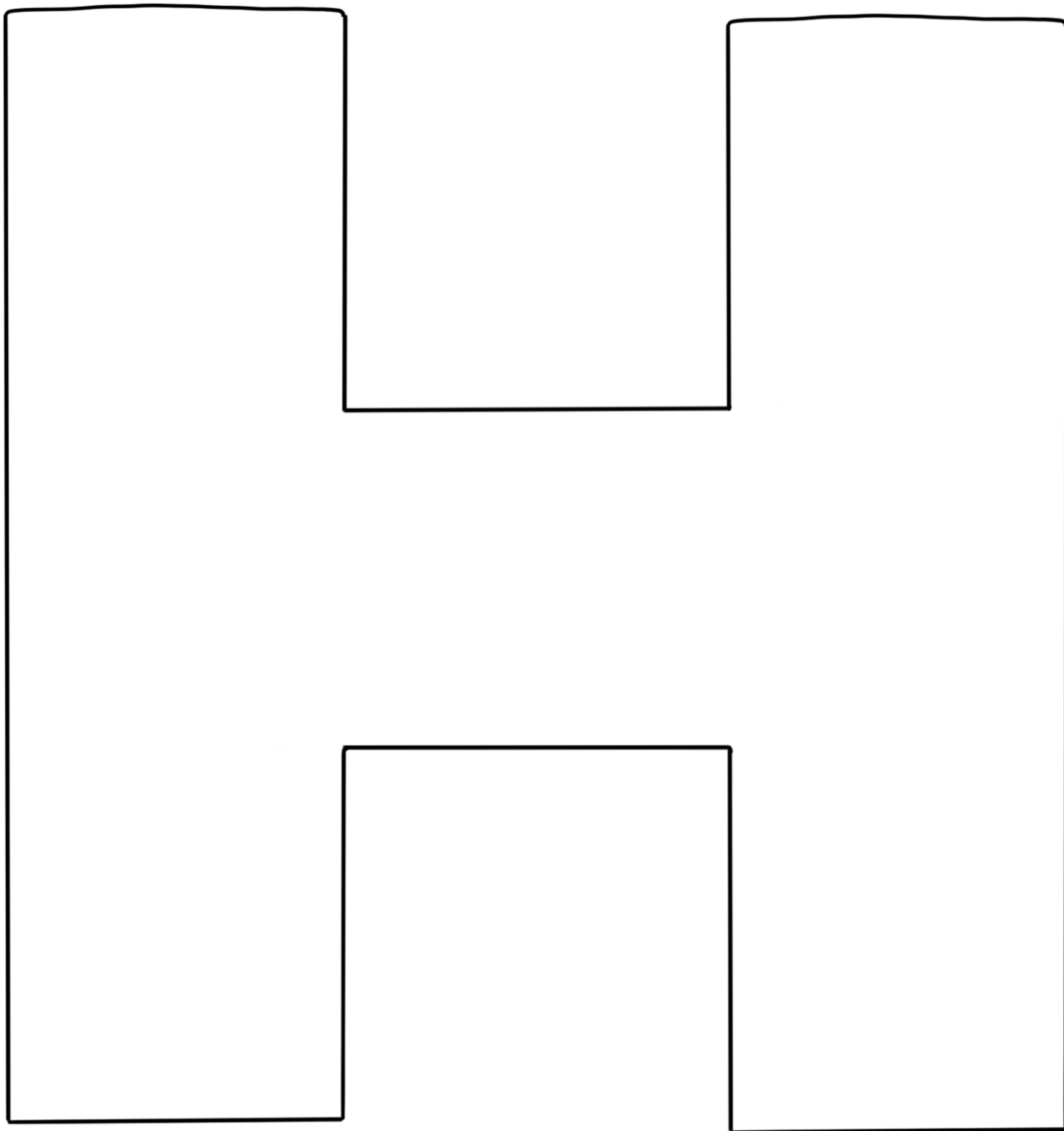
## **Telephone**

(by anonymous)

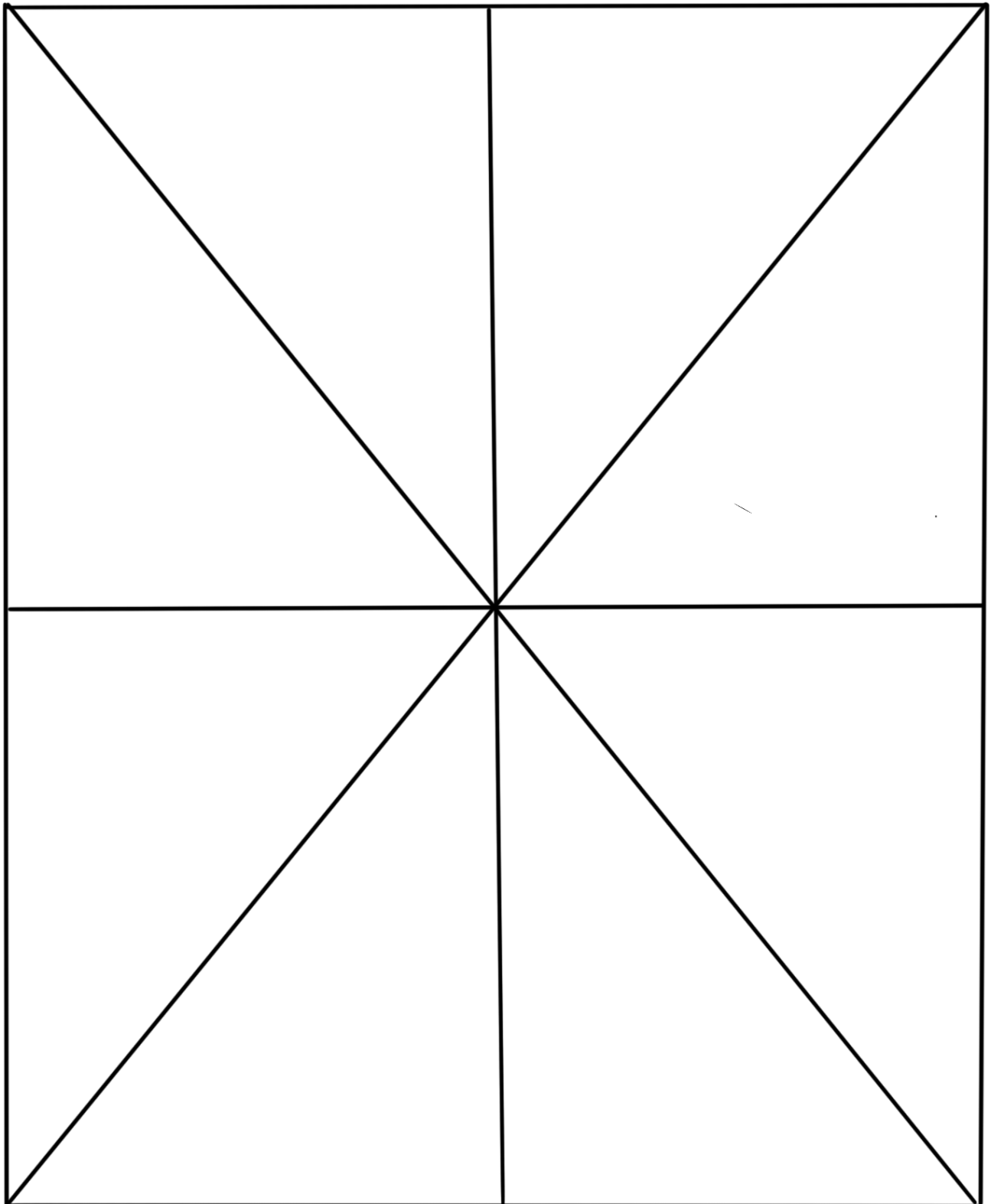
- 1. Have students sit in a large circle. Starting with the teacher, come up with a simple phrase (I like pepperoni pizza) and whisper it into your neighbor's ear.**
- 2. Each person must repeat what they heard (and only what they heard) to the person on their right.**
- 3. The last person to receive the message must repeat what they heard to the entire class.**

Emphasize how teeny lies can spread and change the more they are repeated!

**Directions: Print out the H and have students cut it out. Next, have them glue mosaic pieces of paper onto the H.**



**Directions:** Color the window below. Cut out along the black lines and then glue the window back together on a piece of construction paper.





**Honesty Red Rover**  
by Lisa Rose  
plays like traditional 'Red Rover'

**Form 2 teams.**

**Each team will hold hands, and face the other team.  
Play outside to allow room to run between teams.**

**Start by the teacher calling a student by saying:**

**Red Rover,  
Red Rover,**

**Send Honest \_\_\_\_\_(insert child's name) right over!**

**The student leaves their team and tries to break through  
the other team's chain of hands.**

If they break the chain, they must say one HONEST thing about someone on the new team and then join hands with them  
If they do not break the chain, they must say one HONEST thing about themselves and go back to their own team.

**Repeat until everyone has had a turn!**

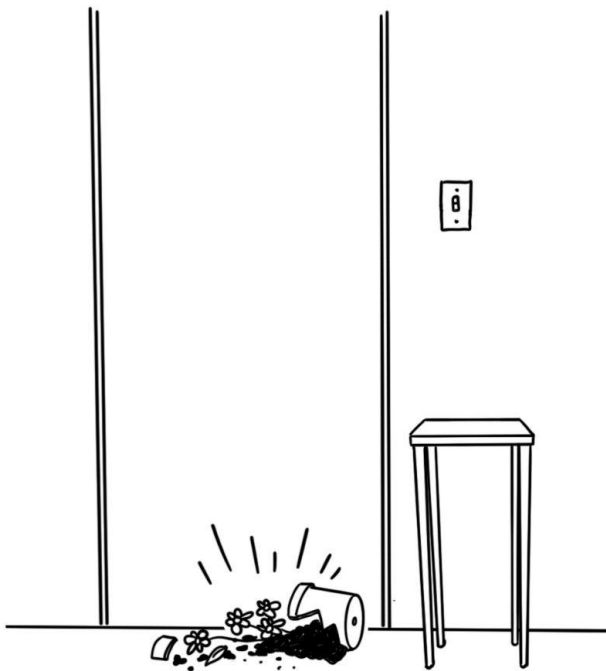
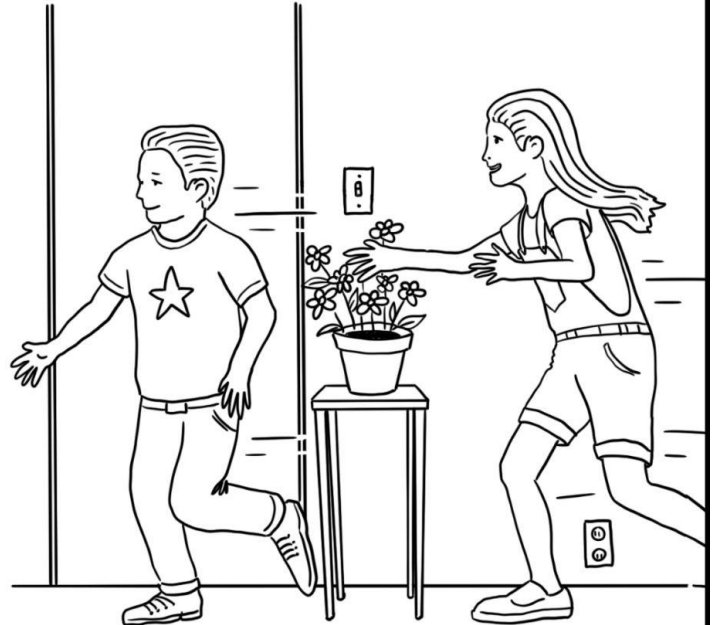
**Directions:** Provide each student with a copy of the mini-book on the next two pages. Review each page together, then have the children color their books. When they are finished, have them cut on the black lines and assemble the book using the page numbers. Ask each student to dictate what is happening in each picture and write it down below the image. Now they have an Honesty Story to tell!

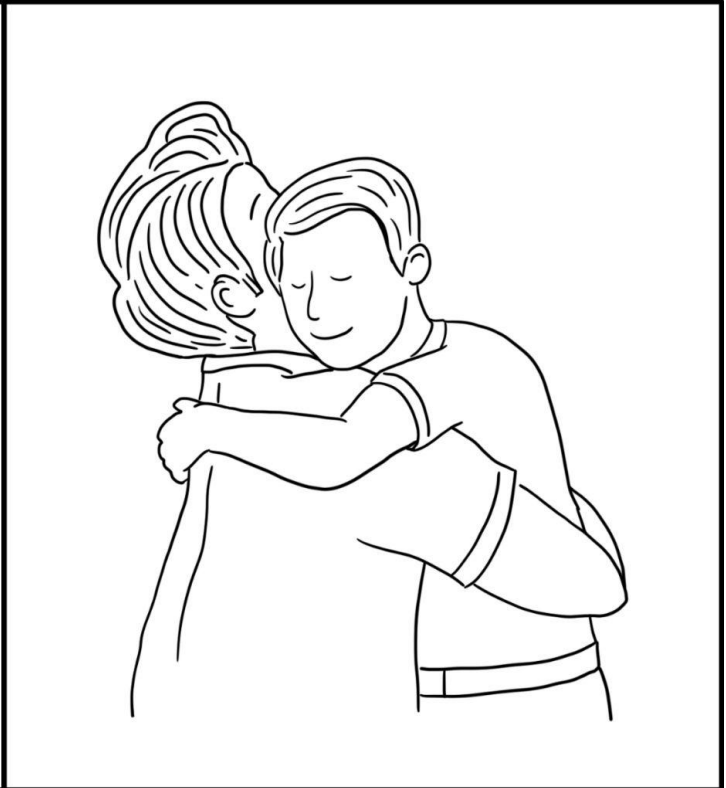
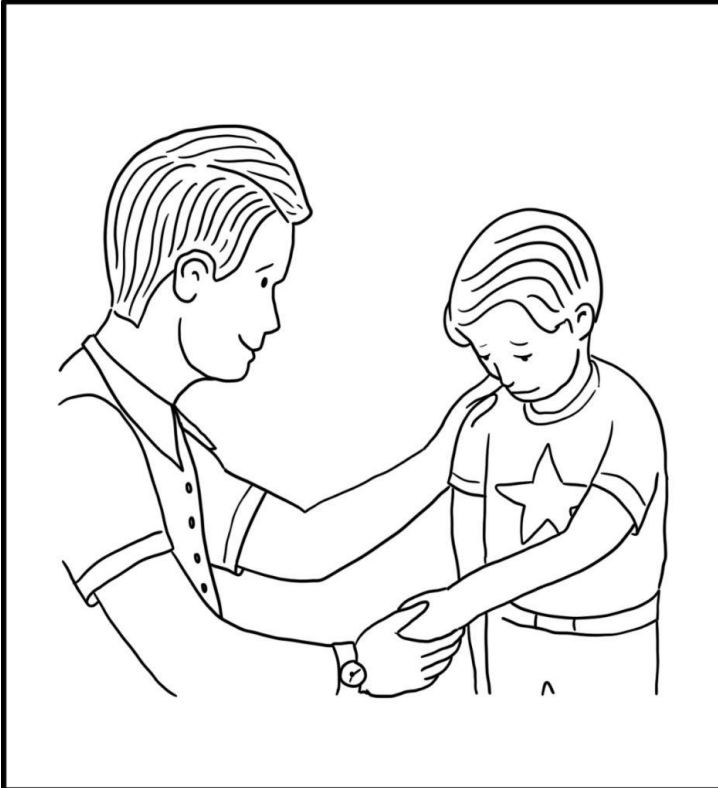
# MY HONESTY STORY



BY

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## **We are Honest**

by Lisa Rose

(To the tune of “Brother John”)

**We are Honest, We are Honest,**

(point to yourself and others)

**Yes, we are! Yes, we are!**

(nod head)

**We tell the truth in all we do**

(spread arms out wide)

**You trust me and I trust you**

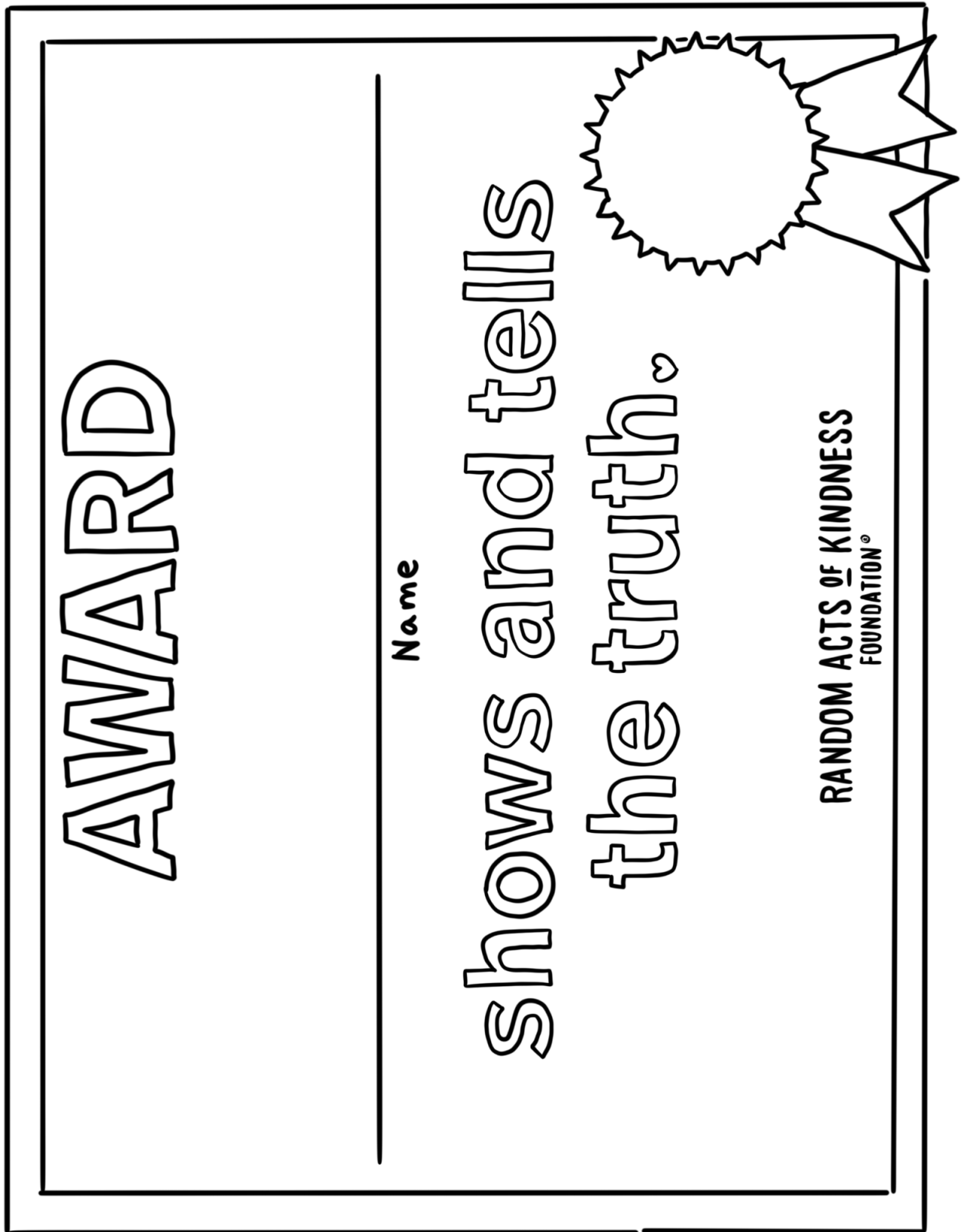
(point to each other)

**We are honest!**

**We are honest!**

(point to yourself and others)

**Directions:** Copy a certificate for each student. Have them write their name and decorate it using art supplies. Sign the bottom of the certificate and have each student share one way the SHOW and TELL the TRUTH. Hang up all the certificates on your bulletin board!



**AWARD**

Name \_\_\_\_\_

shows and tells  
the truth.

RANDOM ACTS OF KINDNESS  
FOUNDATION®





## **Be Kind**

by Anonymous

**5 little children standing in a row**

(hold up 5 fingers)

**They are kind to others everywhere they go.**

(walk hand in front of the body)

**I am one of the children**

(point to self)

**Standing in a row**

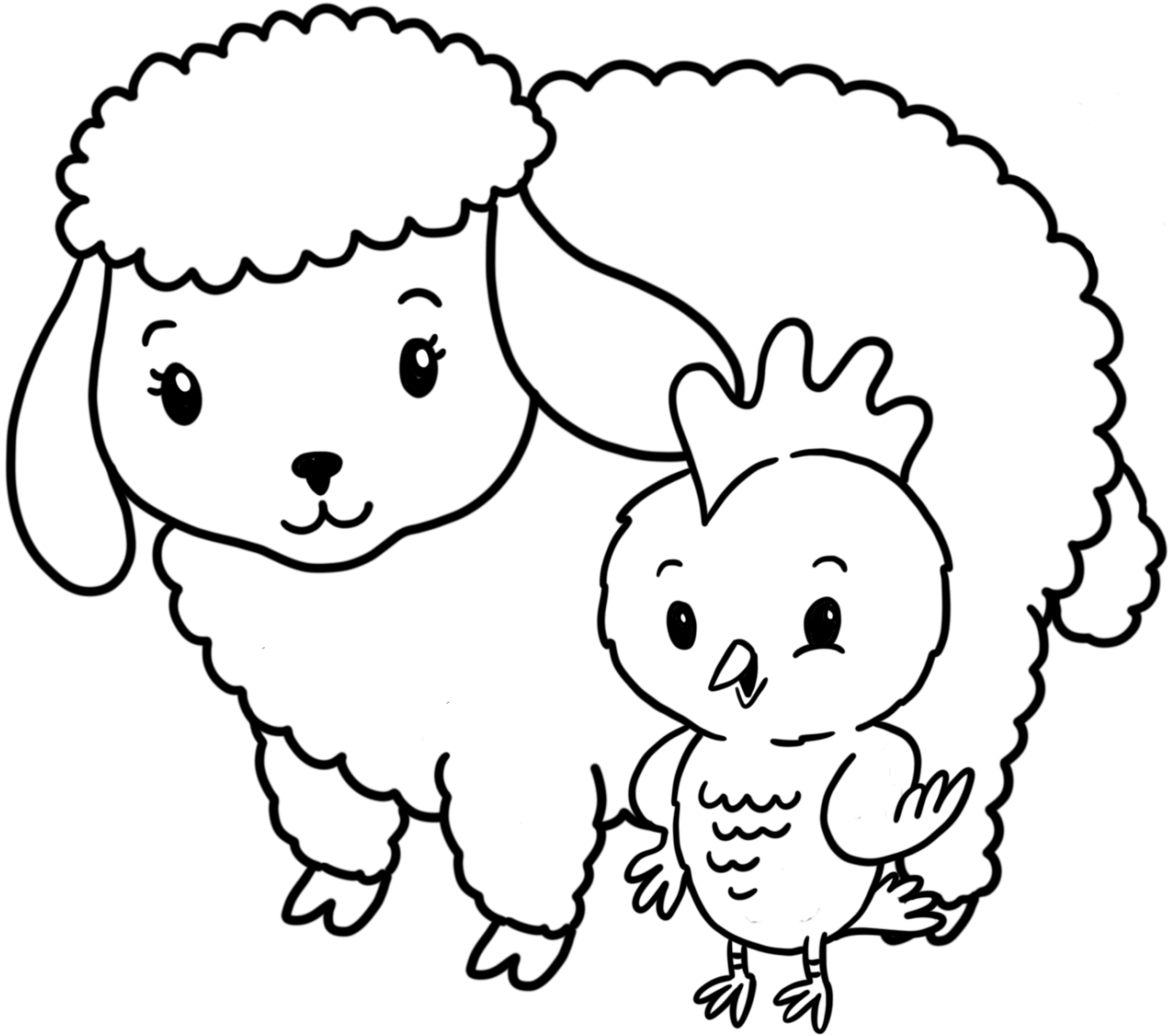
(hold up 5 fingers)

**I'll be kind to others**

(point to self)

**Wherever I go.**

(walk hand in front of the body)



**I is for Integrity**