



Weekly SEL skill:

Integrity

Integrity is the quality of being honest and having strong moral principles. Having integrity means being honest with yourself and others, and always keeping your word. Integrity is a highly valued trait because it helps us gain others' trust, but more importantly, it's what helps you love and respect yourself. Integrity means stepping away from the rat race of competition and the 'get ahead' mentality and instead focusing on being the best version of yourself you can be.

Integrity is doing the right thing simply because it is the right thing to do. People who have strong integrity are more likely to be trusted, considered dependable and have the ability to influence others.

Help your students to improve

Here are some activities you can do with your student(s) to help them engage with the idea of integrity and what it means in their daily lives.

- Have a conversation about a time that you were asked to compromise your values. Explain how you handled the situation and why. Then ask your student if they would have handled it differently.
- Talk about difficult scenarios that might come up in their lives and ask what they would do.
 - You find a wallet on the ground with money in it.
 - You notice the new kid at school sitting by themselves.
 - You find trash on the ground.
 - Someone asks if they can copy the test answers.
- As a class/family, read *The Empty Pot* by Demi. *The Empty Pot* is a children's story about integrity. You can also show this [YouTube video](#), as an audio version for your students.