

october 2020
Week 1



INTEGRITY:
*Choosing to be truthful in whatever
you say and do*

**What are other words like
integrity (synonyms)?**

NAME: _____

DATE: _____

HOW I FEEL TODAY:



HAPPY



TIED



ANGRY



SAD



SICK



FRUSTRATED



ANNOYED



CALM



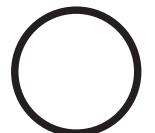
SCARED



WORRIED



PROUD



OTHER:

LOOK AT ONE HAND.

Use a finger from the other hand to trace around your hand, breathing in when you go up and breathing out when you go down.

**Draw a picture of
YOU SHOWING INTEGRITY
AT SCHOOL.**

SAY IT:

Repeat the Big Idea while jumping on your right foot three times. Now jump and repeat on your left foot three times.