



october 2020
Week 4

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

**How can you show integrity even
when you might get in trouble?**

NAME: _____

DATE: _____

HOW I FEEL TODAY:



HAPPY



TIRED



ANGRY



SAD



SICK



FRUSTRATED



ANNOYED



CALM



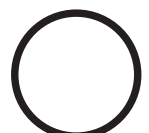
SCARED



WORRIED



PROUD



OTHER:

PUT YOUR ARMS OUT

in front of you with your hands up.
Turn your hands upside down slowly.
Repeat 3 times.

Draw a picture of
**YOU SHOWING INTEGRITY
AT A SPORTS PRACTICE.**

BE IT:

Tell one person
how you have shown
integrity today.