

What Would You Do?

This lesson focuses on making choices that are honest and kind. At this age, the concept of integrity can be difficult to understand. We lay the foundation for integrity by discussing how we build positive reputations through kind, caring, fair, inclusive, and honest behaviors and actions. This lesson will give students an opportunity to identify strategies that will help them be honest and to persevere through challenges.

Integrity Sub-Concept(s)

Perseverance, Kindness

Lesson Timeframe

45 minutes

Required Materials

- ☐ Slides and Ladders board game (multiple games if there are many students; it could be challenging to have more than three groups of 3 or 4 playing on one board). See attached for a printable game board.
- ☐ “Situation” cards - one deck per game. See cards below; create more if necessary.
- ☐ A button or other small object

Standards Map

This lesson aligns with CASEL Competencies, National Health Education Standards, and Common Core State Standards. Please refer to the [Standards Map](#) for more information.



DESIGNATED BY CASEL
AS A RECOMMENDED PROGRAM
FOR SOCIAL AND EMOTIONAL LEARNING.
See last page for details.

Lesson Objective

Students will:

- Utilize caring and kindness to develop honest alternatives to deceptive actions.
- Identify strategies that help people persevere through challenges.
- Work as a team to complete a small group game.

Teacher Connection/Self-Care

Integrity means teaching from ‘bell to bell’. Examine how wisely you use your student contact hours. What can be done during planning instead of when they are present?

Tips for Diverse Learners

- Pre-assign team roles or have teams assign roles if this type of structure would be beneficial for students (who draws the cards, who rolls the die, who moves the pieces, who states the team’s answers, etc.).



Share

3-5 minutes

Play the button game.

- Everyone stands in a circle, facing each other, including the teacher, who is holding a button in their hand.
- One person turns around and faces the outside of the circle and closes their eyes.
- While their eyes are closed, the teacher passes the button to the person on their left.
- The button continues to be passed until the teacher says stop. Everyone keeps their hands in a fist.

The person on the outside of the circle then turns around and asks people if they have the button. That person must answer. If the other person thinks they are lying, they can have them open their hand to prove it. When the person finds the button, the game is over.

When the game is over, **ask:**

- Did you decide to be honest or to lie?
- Were you tempted by your friends or neighbors to lie?
- Does anyone remember the definition of integrity? (**Integrity** means *acting in a way you know to be right and kind in all situations.*)

Remember, others may tempt you, but integrity and honesty are always the best choice.



Inspire

10-15 minutes

Today we are going to play a game that will help us think of specific ways that we can use kindness, caring, inclusiveness, fairness, and honesty to help give us the tools to keep going when things get tough. The game also helps us practice making honest, fair choices.

To practice, let's look at some hard situations where we might want to give up or make a dishonest choice, and let's talk about how we can persevere and make the right choice:

Situation #1: You have been working on your math homework for what feels like hours! You are stuck on the last two problems and you just can't figure them out. You want to look up the answers online. What do you do?

Situation #2: You found a dollar bill on the playground. What do you do with it?

Situation #3: There are really yummy cookies at lunch today. The rule is that you can only have one. You take one cookie and sit down and eat it right away. It is the best cookie you've ever had! When you go back to the lunch counter to get an extra napkin, your teacher says to you, "Did you take a cookie? They are delicious!" You look at the tray and all the extra cookies sitting there. What do you do?



Empower

20 minutes

Students are going to play Slides and Ladders as small group teams. The number of Slides and Ladders boards you have will determine how many teams you have. See attached for a printable game board.

Play the game with the same rules of *Chutes and Ladders* regarding rolling the dice and advancing on the board. The twist, however, is that students must also draw from the “situation” deck before they can roll and move their game piece. Each card in the situation deck presents the team with a scenario where they must make an honest choice. After the team does this, then they can roll the die and move their game piece. The other teams judge if the answering team’s choice was honest. Reinforce the idea of fairness to all teams as they consider the answers they hear. If they feel the choice was dishonest, they must explain their position and the teacher may be called in to mediate.

Natural obstacles are built into the game with the slides. Remind teams that they will need to be kind and encouraging to one another, even when they hit a slide and need to move back on the board. Remind students, too, that they need to be honest when rolling and moving. If they land on a slide, they need to take it, not argue about it being counted wrong or the spinner not quite pointing to the number, etc..Remind students, too, to be fair and inclusive in how they operate as a team. Make sure everyone is getting his or her turn to participate. The team to make it to the end first wins.

See situation cards below. If you need or want more cards, you can have students brainstorm situations before playing and write them down on extra cards. Ensure each board has its own deck of situation cards. If teams run through all the cards and no team has won, have them shuffle the cards and use them again.



Reflect

5-7 minutes

Bring the class back to the large group and talk about some of the situations they encountered. Have students volunteer some of the choices and solutions they came up with to overcome the situation. Remind students that honest choices are like ladders; we will need them to move up in life with others and with ourselves. Sometimes we hit chutes, like not making a team we are trying out for, but that doesn’t mean we are stuck back at the beginning. We can always find a ladder to move forward.



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The Collaborative for Academic, Social, and Emotional Learning (CASEL) has been reviewing evidence-based SEL programs since 2003. Kindness in the Classroom® meets CASEL’s SElect Program and is included in the [CASEL Guide to Effective Social and Emotional Learning Programs](#).

Kindness in the Classroom® met or exceeded all of CASEL’s criteria for high-quality SEL programming. Kindness in the Classroom® received CASEL’s highest designation for high-quality SEL programming.

<https://casel.org/guide/kindness-in-the-classroom/>

RANDOM ACTS OF KINDNESS
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<p style="text-align: center;">Situation #1</p> <p>You studied really hard for your spelling test but still missed four words. You notice that the person next to you got 100%. What do you do?</p>	<p style="text-align: center;">Situation #2</p> <p>Your grandmother gives you a nice card and \$10 for your birthday. It arrived in the mail right on your special day! A week after your birthday, she gives you another card with another \$10 and says, "I am so sorry I missed your birthday! Here is a card and some spending money for you!" What do you do?</p>
<p style="text-align: center;">Situation #3</p> <p>Your little brother left the refrigerator door standing open again. Your mom said that if he left the door open again, he would have to wash and dry all the dishes by himself. You know he hates that job and feel bad about the punishment. When your mom asks you if you left the door open or if your brother did, what do you say?</p>	<p style="text-align: center;">Situation #4</p> <p>You have been practicing for your violin recital for months! Finally, the big day arrives and when you get to the music hall, you realize you left your sheet music at home. What do you do?</p>
<p style="text-align: center;">Situation #5</p> <p>Your best friend Malik tells you a special secret and asks you not to share it with anyone else. Later, another friend asks you what he said, and tells you that it's not polite to keep secrets. What do you do?</p>	<p style="text-align: center;">Situation #6</p> <p>You are invited to a friend's birthday party, but your best friend isn't. He assumes you also weren't invited and starts complaining about how horrible the other friend is. What do you do?</p>
<p style="text-align: center;">Situation #7</p> <p>Your mom tells you to turn off the TV after watching for 30 minutes. She is out in the garden and is not monitoring your TV time. Your 30 minutes is up, but your very favorite show is on next and it's a new episode! What do you do?</p>	<p style="text-align: center;">Situation #8</p> <p>You had a rough day at school and feel tired and a little crabby when you get off the bus. You have homework but you do not want to do it. All you want to do is eat a snack and play with Legos in your room. You need time to yourself. Your mom gives you a hug when you get in the house and tells you to do all your homework before playing! What do you do?</p>
<p style="text-align: center;">Situation #9</p> <p>You find a cool keychain on the bus floor. It's clearly been there for a while as it's dirty and a little scuffed up. It's really neat, though, and has a small flashlight on the end. What do you do?</p>	<p style="text-align: center;">Situation #10</p> <p>For your homework assignment, you were to go home and ask your parents questions about your family tree. You forgot to do that. The next day, the teacher asks everyone who talked to their parents about the family tree to raise their hands. You watch everyone's hand go up. What do you do?</p>

Slides and Ladders Game

