



WORDS OF EXCELLENCE

Student's FULL Name

Student's Belt Rank

DUE DATE

Friday, August 26

Remember these sheets are your responsibility, not your parents

INCOMPLETE WORKSHEETS WILL NOT BE ACCEPTED

Yuen's Family Martial Arts Centre

INTEGRITY

What Is INTEGRITY?

*"Honesty is telling the truth to other people.
Integrity is telling myself the truth."*

Integrity means being true to yourself, your values and your word. **Doing the right thing when no one is watching** exemplifies a high level of integrity. Choosing to be honest and doing the right thing over choosing what is quick and easy show integrity. It's important to be authentic, true to yourself and others.

Integrity is at the foundation of your character.

Honesty is being true in what you say, while **Integrity** is being true in what you do. Honesty is giving your word, integrity is keeping it.

Tell us about a time you did the right thing...

Give us an example of how you always do your best...

Create a pledge / promise for the month. You will show INTEGRITY by following through with what you said you would do!

Activity: What's The Right Thing To Do?

In each of the scenarios, CIRCLE the action that would show INTEGRITY

1. The teacher asks the class for 5 minutes of quiet of time as they leave room. Do you...

Talk to your friend? OR

Stay quiet?

2. You notice a granola bar wrapper on the ground outside. Do you...

Pick it up and throw away? OR

Walk past – you don't want dirty hands!

3. Your dad accidently dropped \$10 and didn't even notice! Do you...

Grab it and place it in your piggy bank – he has lots more money! OR

Tell your dad about his lost money?

4. You accidently ripped your friend's homework when holding it. Do you...

Apologize to your friend and tell the teacher it was your fault? OR

Pretend it wasn't you and not say anything?

5. Your mom asks you to make your bed every morning but today you don't have enough time! Do you...

Rush out the door – you'll do it later... OR

Make a neat bed and follow through with your word?

