

Lesson Plan

Lesson Goals

Lesson Goal(s):

Key Understanding: Trustworthiness is being honest, having integrity and being loyal. Trustworthiness means you can be relied upon to be truthful.

Curriculum Introduction

- ☞ If possible, wear BLUE
- ☞ Introduce yourself to the group
- ☞ Stand where everyone can see you and hear what you say

- ◆ Welcome students to Character Counts
- ◆ Provide an overview of the program –preview program, Trustworthiness is the first of the six pillars of character

Opening Active Game – 5 to 10 Minutes

☞ M & M expectations

- Take out two bags of M&Ms.
 - One should be filled with M&Ms as expected;
 - the other should be filled with something else, such as small stones, rice, beans, etc.
- Lead discussion – Q and A
 - When you buy a bag of candy at the grocery store, what do you expect to find in the package?
 - What should it look like? What quality?
 - Allow students to respond.
- Then open the two bags and pour the contents into two bowls.
 - Lead Discussion: Are you surprised by what you see?
 - How would you feel if this happened to you?
 - Allow students to respond.

Adapted from:

(The Random Act of Kindness Foundation, 1995 -2019) <https://www.randomactsofkindness.org/kindergarten-grade-5-lesson-plans>

Relating Game / Activity Respect (Anchor) 5 minutes

☞ Lead discussion:

- Why might it be upsetting that the contents of the M & M bag were not M & Ms?
- How would you feel if purchased an ‘Underarmour’ or ‘Nike’ product and you found out it was counterfeit?
- Our laws and consumer rights tell us we are supposed to be able to ‘Trust’ what we purchase!
- The same is true of us, personally.

Friends, teachers, parents need to ‘Trust’ that we are a person of character and are Trustworthy.

Creating a Vision – (Add) (Content Delivery)

☞ Share objectives: Today we will...

- ✓ explain the pillar of Trustworthiness.
- ✓ evaluate actions as Trustworthy or not.
- ✓ evaluate consequences of being dishonest.

☞ Display 'Trustworthy' pillar from 'Six Pillars' lesson if available.

☞ Define **TRUSTWORTHINESS**

è**TRUSTWORTHINESS**: the ability to be relied on as honest or truthful

Presentation Note: To make this more interactive; You may wish to put the characteristics of trustworthiness on note cards or small posters, distribute them to students randomly and then call on the students to share what is on their card.

- **(display on 'pillar', interactive board or poster)**
 - Be honest in communications and actions
 - Don't deceive, cheat or steal
 - Be reliable — do what you say you'll do
 - Have the courage to do the right thing
 - Build a good reputation
 - Be loyal — stand by your family, friends, and country
 - Keep your promises

➔ trustworthiness can be summed up in three words: Honesty, Integrity, and Loyalty
(add these words or circle them)

☞ Share Foundation for a Better Life "Purse: Honesty" video with the students

<https://www.passiton.com/inspirational-stories-tv-spots/112-purse>

▶ Pause the story after the woman gets on the bus and the boy realizes that she left her purse.

▶ Lead discussion:

What do you think the boy will do?

- What would you do?
- Do the boy's looks have any influence on what you think he will do?
 - looks like he is indifferent to others:
 - dressed in all black,
 - listening to music,
 - a sullen/disinterested look on his face.

▶ Would you think differently if he was well dressed, an adult.

▶ Play the rest of the video clip

► Discuss what happened...How would you describe this young man's character?

Trustworthy, Honest, Has integrity?

➔ He could have kept the purse, correct? What might have been the consequences of keeping the purse?

➔ What might be some consequences of his making such an effort to return the purse?

Important Note: We often make judgements about 'trustworthiness' based on physical appearance – whether we realize it or not.

☞ **Being trustworthy, honest and having integrity are values that are important**. (display on interactive board, or poster)

➔ **Lead discussion: Do you agree with this statement, why or why not?**

➔ When we are honest, other people are able to trust and rely on us.

➔ Integrity: we stand up for what we believe is right.

➔ We can be more successful if people believe we are trustworthy.

Who are some of the people we want to believe in our trustworthiness, integrity and honesty?

Why?

- Teachers,
- Parents
- Future employers
- Friends

☞ **Signs of Trustworthiness** (*Revisit the pillar from above – these are examples of being trustworthy*)

- ✓ tell the truth, knowing that a consequence might result
- ✓ are willing to try again even if they did not do as well as they would like the first time
- ✓ return things that they borrow and in the proper condition as they received them
- ✓ keep their promises and don't tell secrets
- ✓ are following through on their chores and responsibilities
- ✓ are loyal to their friends, family, teams, etc.
- ✓

Application and Reflection

☞ **Activity: What Would You Do?**

➔ Divide class into small groups

➔ Hand out: 'What Would You Do?' [What Would You Do.docx](#)

➔ Instruct students to Review each situation; discuss the statements and answer the questions

➔ In large group, review each of the scenarios, questions and student answers.

➔ What actions did the people in the scenarios take that showed integrity?

(This activity adapted from 'How Honest Are You?' Random Act of Kindness Foundation, Grade 5, Lesson 1)

Key point: Telling the truth, being honest is easier than lying – even if you think the truth will get you in trouble.

Summarize Key Concepts

→ trustworthiness can be summed up in three words: Honesty, Integrity, and Loyalty

→ Trustworthiness is ‘the ability to be relied on as honest or truthful.’ – It means you can trust that M&Ms are in the bag!

→ We will be more successful if we are trustworthy.

Assessment and Goal Setting (10 Minutes) (Away and Goal-Setting)

☞ **Hand out small cups of M and Ms to each student.**

→ Instruct students that for each ‘Blue’ m and m that they have, share one way they will show they are trustworthy or something that explains Trustworthiness.

Bridge to next lesson

☞ Explain that today we looked at ‘trustworthiness’. Our next pillar is ‘Respect’!