

Integrity

This is the final week of our Integrity unit. Students will apply their understanding of integrity and use it as a tool to persevere towards both small and large goals.

Begin the unit with the whole class lesson and then aim to complete at least two of the mini lessons with your students throughout the week. Each mini lesson is designed to present elements of the main lesson in new and engaging ways.

Main Lesson

Whole Class Lesson
30 minutes



Shout It Out!

Students will identify one dream they have and shout it out through writing. The dream goals will be hung up on the door as a reminder to dream big! (See page 2 for lesson details.)

Mini Lessons

For Small Groups
15 minutes



Persevering Through Change

In small groups, discuss the upcoming transition to high school. What is the biggest key to a successful transition between middle school and high school? How can you persevere when things get tough?

For Partners
15 minutes



Summer Success

With a partner, identify one helpful goal to accomplish this summer to increase your successful transition to high school. What is one thing we can do to make it easier when we start high school? Use the SMART goal form below to map out this goal. If needed, give a brief review of SMART goals to the class before dividing up into pairs.

For Individuals
15 minutes



Personal Struggles

Draw a picture or write about the biggest struggle you have overcome during your time in middle school. Why was this struggle so difficult and how did you use perseverance to overcome it?

Technology-Focused
15 minutes



Building a Website

Divide the class into small groups and have a discussion. How are websites built? Why do they use this term (built) when talking about how websites are created? How does it take perseverance to build a new website? What struggles might developers face when trying to create a website? We expect everything online to be quick and immediate. However, even in the cyberworld, it takes time and perseverance to make ideas into a reality! Nothing is actually completed as quickly as it might appear.

Shout It Out!

Students will identify one dream they have and shout it out through writing. The dream goals will be hung up on the door as a reminder to dream big!

Lesson Timeframe

30 minutes

Required Materials

- Megaphone hand out for each student
- Basic art supplies
- Pencils
- Tape

Standards Map

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

Lesson Objective

Students will:

- Explore previously attained goals and successes and examine the feelings associated with this.
- Practice making and achieving goals using the SMART goal process.

Teacher Connection/Self-Care

A final component of integrity is perseverance. Teachers know perseverance. Teaching is a marathon, not a sprint. It is not for the faint of heart. Teachers must be both content expert and sociologist; both classroom manager and curriculum developer; both hall monitor and life coach. There is no stopping from morning bell to end-of-day bell. This job takes perseverance! Perseverance can be exhausting, though. How do you make it bell to bell? How do you come back Monday-Friday, knowing your weekends will be filled with lesson planning and grading? How do you also coach sports or give music lessons or sponsor clubs and activities? How do you have a family and a life and hobbies? Teaching is a tall order. When your perseverance tank is running low, take some time to fill it up. This might look like doing self-care practices at school: do some breathing exercises between periods or eat, instead of grade papers, during lunch. This might be saying, “no” to something to put you over the top. This might be letting students grade their own spelling test or math quiz or art project. Send students on a digital field trip instead of lecturing. Think of new and innovative ways to help you keep moving forward. You do not have to do it all or do it all alone.



Share

3-5 minutes

This is our final lesson in our Integrity unit. This week we will focus on integrity and how it relates to perseverance and success. Each of us has experienced some type of success in our lives, even if we don't automatically realize it! Think about how much you have accomplished in just 3 short years in middle school.

What is one of your favorite things you have learned during your time in middle school? (Invite student responses.)



Inspire

4-6 minutes

Many times, we don't consciously think about learning something new as accomplishing a goal. At times, it may even feel like we "accidentally" learned something new or accomplished something.

Now take some time to think back to a very conscious, deliberate goal you set and accomplished over the past 3 years in middle school. How did it feel when you finally reached that goal? (Invite student responses.)

This accomplishment reflects your perseverance. How would you define perseverance for yourself? (Invite student responses.)

When we persevere to achieve our goals, we experience the success of accomplishment.

Now let's allow our minds to think beyond the here and now. Let's take some time to truly dream about something we've always wanted to do, to accomplish, or to try. There is no limit within this visualization. Many successful people began with a dream that seemed outlandish, unreasonable, or even foolish to those around them. However, they took that dream and made it a reality!

Close your eyes and picture your ultimate dream. Imagine yourself making this dream a reality. You are there, right now, enjoying the success of fulfilling your dream.

Now open your eyes.

How did it feel to picture yourself fulfilling this dream?

Use that feeling this week to believe in yourself and work towards this dream!

It can be very tempting to set the bar low when you decide on your goals for the activities we discuss this week. Many people fear "failure" and set simple goals instead of challenging themselves. However, failure is actually a part of any true success. We are not perfect and the path we take to success won't be either. Success takes practice, integrity, and perseverance even when we are struggling with things. When we encounter a roadblock along our path to success, we must reevaluate our steps, make changes, and sometimes seek help if we cannot achieve a specific step on our own. These are all terrific tools towards success. None of them make us weak or less successful. However, bending the truth, skipping important steps, and looking for the easy way out are all options that require a lower level of integrity, something we want to avoid at all costs!



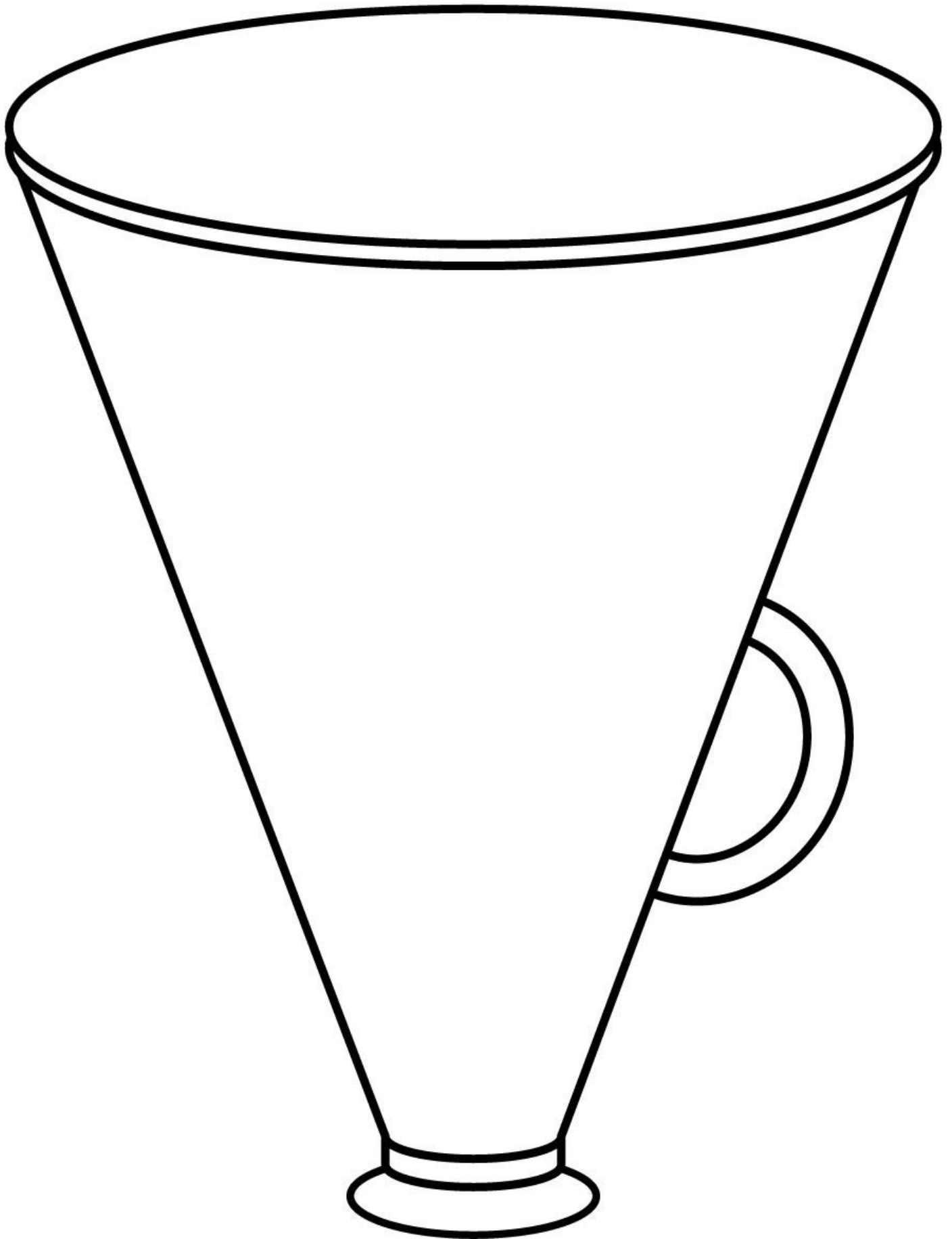
Reflect

5-7 minutes

Guide a discussion around allowing yourself to dream big when creating goals.

- Why is it so easy for young children to dream big?
- Why does it get harder to allow yourself to dream big as you get older?

As we age, we become extremely aware of limitations that seem to restrict us in our dreams. However, when we use perseverance and integrity, there is ALWAYS a way to overcome these limitations and achieve our dreams. If we can dream it, we can achieve it. It all depends on how badly you want it!



SMART Goal Map

To create a “SMART” goal about what personal skill you’d like to learn for the technology Mini Lesson, fill in each section below.

<p>S</p> <p>Make a Specific goal</p>	<p>What exactly do you want to accomplish?</p>
<p>M</p> <p>Make it Measurable</p>	<p>How will you know when you have accomplished your goal? What specific measurement will tell you?</p>
<p>A</p> <p>Make it Attainable</p>	<p>Can your goal be realistically attainable? What are the steps you need to take?</p>
<p>R</p> <p>Make it Relevant</p>	<p>Will achieving this goal be worth it? Will it be relevant to you?</p>
<p>T</p> <p>Make it Time-based</p>	<p>How long will this goal take to accomplish? Give a specific (and realistic) time frame.</p>