



BRIGHT HORIZON ACADEMY

## Character Education

# All About Integrity

## Why Is It Important?

Integrity is the foundation of character and is one of the most important qualities you can develop that will enhance multiple parts of your life. Having integrity means being totally honest and truthful in every part of your life. By making the commitment to become a totally honest person, you will be doing more to ensure your success and happiness in life.

## Islamic Corner:

Aisha reported: The Messenger of Allah (pbuh), said:

إِنَّ مِنْ أَكْمَلِ الْمُؤْمِنِينَ إِيْمَانًا أَحْسَنُهُمْ خُلُقًا وَالْأَطْفُهُمْ بِأَهْلِهِ

Translation: Verily, the most complete of believers in faith are those with the best character and who are most kind to their families.

Source: Sunan al-Tirmidhi 2612, Grade: Sahih

## Practice It!

Together with your child, practice doing the right thing even when no one is watching. Go to a grocery store and put all the carts in the correct place in the parking lot. Look for things that are in the wrong spot in the store and put them where they belong. Leave kind notes on your neighbor's car to brighten their day.

## Praise It!

When your children show integrity, tell them what you admire about their behavior. Praise boosts self-confidence and encourages positive behavior. Encourage your children to be completely honest about their conflicting emotions, and let them know that sometimes the right answer won't be the most popular. Be a cheerleader when their answer spotlights integrity.

## Talk About It!

Here are some points to help you talk about integrity with your child:

- What do you think integrity means and why is it important?
  - What makes it hard to do the right thing?
- Tell me about a time when you chose to do the right thing, even though it was difficult.
- Tell me about a time when you were tempted to do something you knew wasn't right.
  - If you make a mistake, why can it be hard to own up to it?