

INTEGRITY

MAY-JUNE 2019

We will examine the ways we can practice the Virtue of INTEGRITY. Here is a summary of subjects to be covered during our assembly and Virtue Buddy readings.

- We are loyal. We do not gossip. When upset with a friend, we talk to them face to face, not about them, behind their back.
- We are honest. We own up to our mistakes. We do not say one thing and do another. Our words and actions match.
- We are fair. We do not prejudge people based on their looks, religion, culture or race. We make up our minds about each individual based on their words and actions.
- We are honourable. We keep our promises, play by the rules and never join in with others when we know that what they are doing is wrong or cruel.

The practice of Integrity gains us self-respect and confidence as well as the respect and esteem of others.

Our quote of the month (from The Virtues Project™ Educator's Guide):

"Integrity is doing the right thing even when no one is watching."

*Mme Choinière
Spiritual Animator*