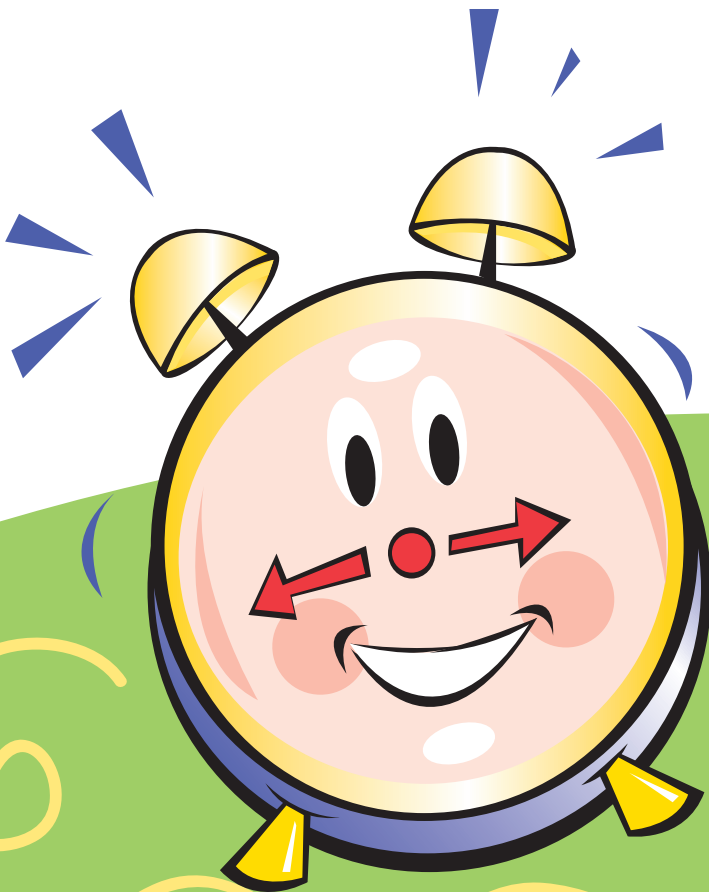


Integrity Time
Enjoy the Journey!
P.O. Box 7286 • Tupelo, MS 38802

ABC
Integrity
Time™

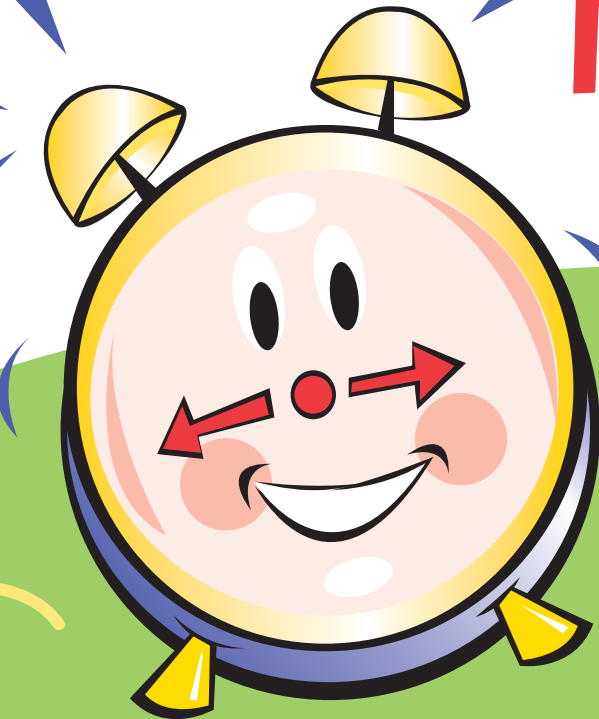


“Always choose what
is true, and good, and right!”

ABC
Integrity
Time™

Know It!

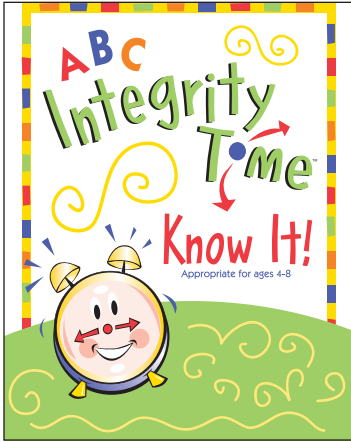
Appropriate for ages 4-8



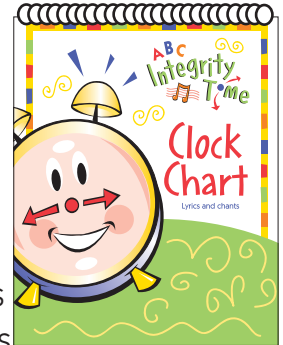
Dear Educators,

What Time Is It?... Integrity Time!

As a parent of five and former teacher, I wrote **ABC Integrity Time** as a creative way to instill in my children and their friends the values they would need to enjoy a fulfilling future. It is an honor for me to share this with you.

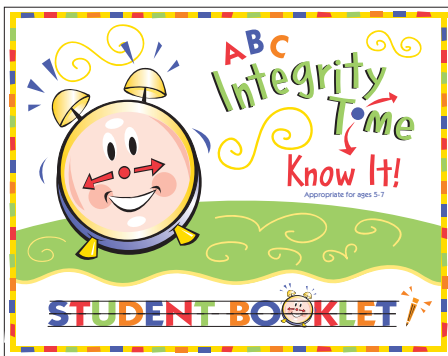


ABC Integrity Time is a unique program designed to teach our young children foundational values of Integrity. It includes 26 lessons based on the ABC's - A stands for Attitude, B stands for Behavior, C stands for Cooperation, etc. The children will learn through games, special snacks, fun puppets, and creative songs many lessons about the importance of choosing what is true and good and right.



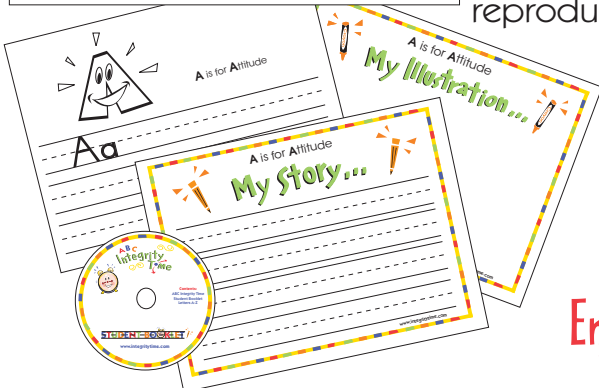
We are excited about partnering with you in teaching children important character lessons that will serve them now and throughout their lives. At the end of each lesson, the children will be given a **Dinner Time Discussion Sheet** to take home. This will encourage the partnership of parents, teachers, and other caring adults, making the difference not only in the lives of individual children but also in the world that they, in turn, will influence.

Our exciting musical CD was produced by **Emmy Award** winning songwriter, Rivers Rutherford. If you are interested in additional copies or more information, check out our website at **www.integritytime.com**.



ABC Integrity Time also includes a CD containing a **Student Booklet** encouraging the children to write creative stories on the values they are learning, illustrate those stories, and practice writing the letter of the week.

The **Graphics CD** included in the **ABC Integrity Time** kit contains stickers, picture frames, a diploma, and all the reproducible pages found in the curriculum.




Enjoy the Journey! Sara Berry, Creator of **Integrity Time**

Also available: **Integrity Time Grow IT!** for ages 7-10.

Check out our website **www.integritytime.com** for more details.

Sample of a lesson...


Each lesson has a simple supply list and tips for making teaching fun and easy.



is for Determination


Supply List

- Clock Chart
- CD Player and Integrity Time CD
- 1 pair of scissors
- Enough velcro for each child to have a 1 inch strip for the leader to have a 12 inch strip for the demonstration
- Positive Polly Puppet
- Negative Ned Puppet
- A sign that reads "If at first you don't succeed, try, try again!"
- Hand-held mirror
- Dinner Time Discussion Sheets



Timely Tip

You can cut the velcro into 1 inch strips for each child before the lesson to save time and reduce confusion. Be sure to leave yourself about 12 inches or have a longer piece for the demonstration.




D is for Determination

- Begin by showing the clock and asking the children, "What time is it?" They respond, "Integrity Time!"
- Lift the face of the clock and read aloud with children: (See clock chart.)
Tick tock goes the clock
The time has come today,
To think about the way we act,
And learn a better way!
- Ask, "What does it mean to have Integrity?" They respond, "To have integrity means to choose what is true and good and right." (See clock chart.)
- Lead the children in saying the **ABC Integrity Chant** together (See clock chart.)
- Announce that today's Integrity Letter is the letter D.
D stands for Determination.
Ask, "What is determination?" Get responses and examples of determination. Explain that to have determination means to stick with it, to try your best and never give up. Say, "In today's lesson whenever we say the words determined or determination, we are going to clap our hands together as if they are sticking together."
- Pick 2 volunteers. Show 2 long strips of Velcro. Ask the first volunteer to hold one piece of Velcro. Explain that this piece represents something you want to do like learn to ride a bike, learn to read and write, learn to tie your shoes, etc. Next, ask the other volunteer to hold the opposite piece of Velcro. Explain to the children that it represents what it is like to have determination. Lead children in clapping their hands together. Have the volunteers bring the two pieces together. Explain that having determination means sticking with it! Then cut the long strips of Velcro into small pieces and let each child have their own. Tell everyone to


Step by step instructions will tell you what to say and when to say it.

Song tracks are easy to use and fun to sing along with.



stop and think about a task in which they want to have determination (clap hands together). Let them keep the Velcro as a reminder to stick with it!

- Show the sign, "If at first you don't succeed, try, try again." Explain who wrote that and why? Say, "Being determined means that if you can't do something at first, you don't give up. You just keep on trying."
- Read copy of the chant, "Try Again, Try Again" from the clock chart. After you have practiced, allow the children to say it with the track on the Integrity Tunes CD. At the end of each line, instruct the children to say, "Try again, Try again!"
- Bring out the puppet, **Positive Polly**. Re-introduce her to the students. Explain that part of being determined (clap hands together) is being positive. Bring out the puppet, **Negative Nero**. Introduce him to the class. Read the following statements and have the children guess which statement Polly would say and which statements Nero would say.
I want to learn to read, but it is just too hard. (Nero)
I want to learn to read, so I'm going to practice my letters. (Polly)
I always fall down when I try to ride my bike. (Nero)
Sometimes I fall down when I try to ride my bike, but I'll keep trying.
I know I'll get the hang of it! (Polly)
I know I will cross the monkey bars soon. I'll just have to practice at recess. (Polly)
I can't cross the monkey bars. They are too hard for me. (Nero)
- Say, "If you always say 'I can't', then you probably won't, but if you learn to say 'I can', then you probably will." Ask, "Who would you rather be like, Positive Polly or Negative Nero?" (Positive Polly)
- Explain that we all need to examine ourselves to see if we are being determined. Bring out hand-held mirror. Lead the children in the poem,



"Mirror, Mirror" (See clock chart: Substitute the word "determined" for the word "careful".) As they are saying it several times, let each child look at their reflection in the mirror.

Explain to the children that everyday we must wake-up and decide to be determined (clap hands together). Tell the children to repeat the following statement after you: "I will decide to be determined!" (Clap hands together) Repeat 3 or 4 times.

- Everyday we have a choice to make. Will we be determined? Have the children act like they are waking up (yawning and stretching), then sing "The Wake-Up Song" with them. (See clock chart.)
- Hand out **Integrity Letter D Dinner Time Discussion Sheets**. In the remaining time have children color it. Encourage them to take it home and have "Dinner Time Discussion" with their families.


Try Again, Try Again!

If at first you don't succeed,
Another try is what you need!
Try Again, Try Again!
If reading is your aim,
But you can only read your name,
Try Again, Try Again!
If you want to tie your shoe,
Don't cry and say Boo-Hoo!
Try Again, Try Again!
If you try to make a goal,
But trip into a hole,
Try Again, Try Again!

If you want to ride a bike,
And get rid of that old trike,
Try Again, Try Again!
If you want to hit the ball,
But "sticker" is what they call,
Try Again, Try Again!
If you want to braid your hair,
But then people stop and stare,
Try Again, Try Again!
You'll never know that you can win,
If you never try again,
So try again, try again, try again!

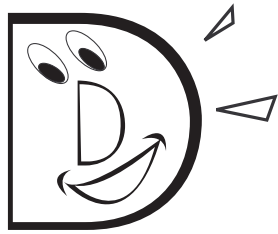
Catchy rhymes and raps help kids remember concepts they have learned.

A complete set of reproducible puppets is included as a teaching aid.



Helpful Henry

TO MAKE PUPPET:
Make a copy of this page.
Cut out puppet face and name, color, and glue to a paper lunch bag.



D is for Determination

Dinner Time Discussion:

- What does it mean to be determined?
- In what things in your life do you need to be more determined?

The last page of each lesson is a take-home sheet to encourage families to have "Dinner Time Discussions" about each lesson.

For more information...

Please call 662-844-0813 or visit our website at www.integritytime.com.

