

Integrity and Self-Discipline [Keeping Promises]

Introduction:

Integrity is being honest and doing right thing, even when nobody sees you. It is all about keeping your promises. Self-discipline is the ability to control your feelings and behaviours to achieve your goals. It helps you stay focused and work hard. Together, they make you a person everyone trusts and respects.

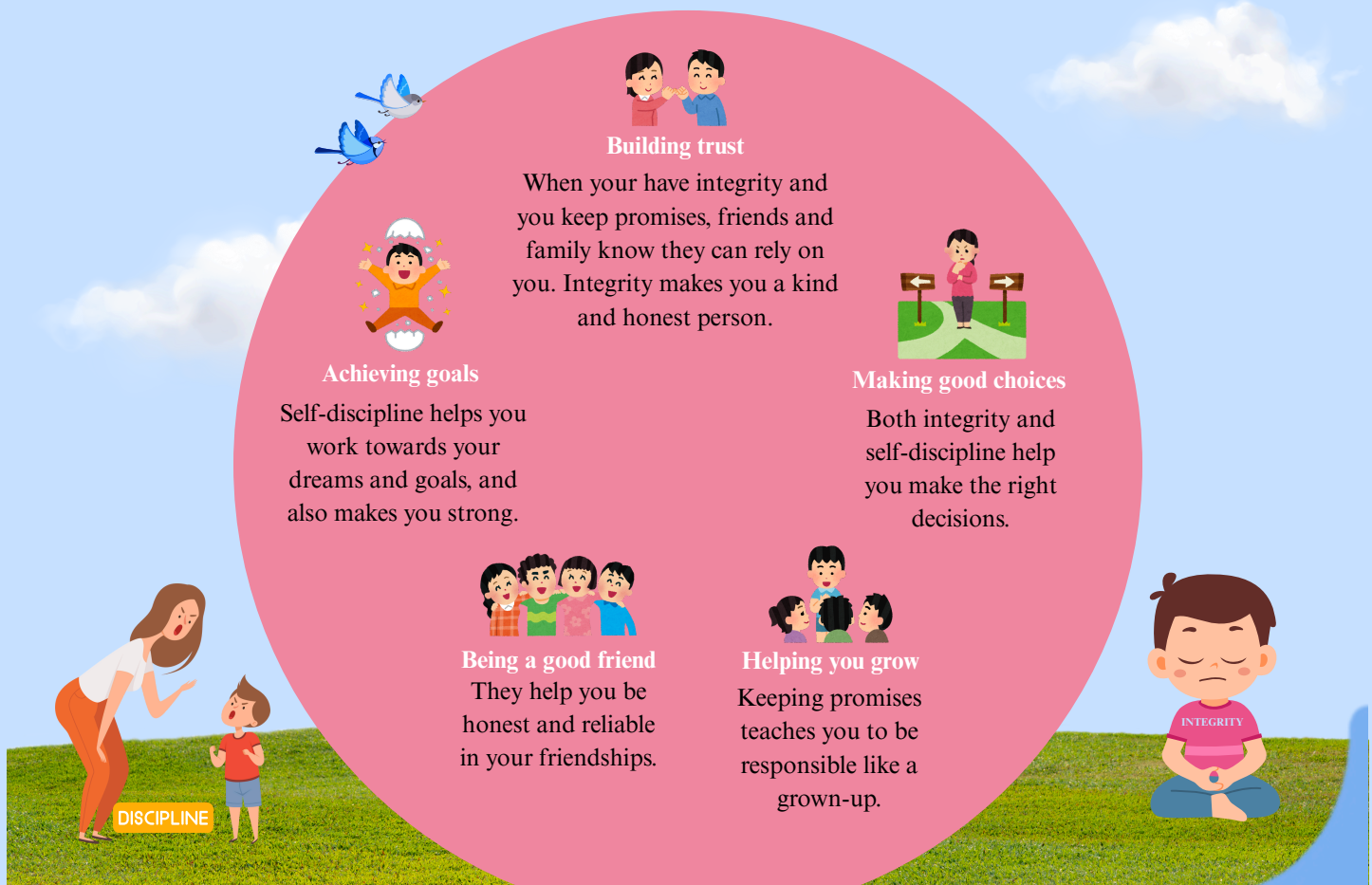


Simple Meaning:

Integrity: Being truthful and fair in all situation. It is like doing what you promised. For example, if you say you will share your crayons, you do it because it is right.

Self-discipline: The ability to make good choices and stick to them even if it is hard. Self-discipline is controlling yourself to finish what you promised, like doing homework before playing.

Importance



A person with integrity is a person you can trust.

Story time

The Honest Promise



Appu loved drawing. His favourite pencil was sparkly and special.



One day, he promised his friend Aarav to bring his favourite pencil to school to share with him.



That morning, Appu really wanted to keep the pencil for himself because it was sparkly.



But he remembered his promise. Even though it was hard, Appu took the pencil to school.



Appu gave his favourite pencil to Aarav.



Aarav started using the pencil and said, "Appu, you're the best friend."

MORAL: KEEPING PROMISES MAKES YOU AND OTHERS HAPPY.

KEY VALUES!



Courage - Stand up for what is right.



Honesty - Always speak the truth and do what is right.



Responsibility - Take care of your actions. Do what you promised even if it is not easy.



Respect - Treat others the way you want to be treated.



Perseverance - Keep trying, even when things get tough.



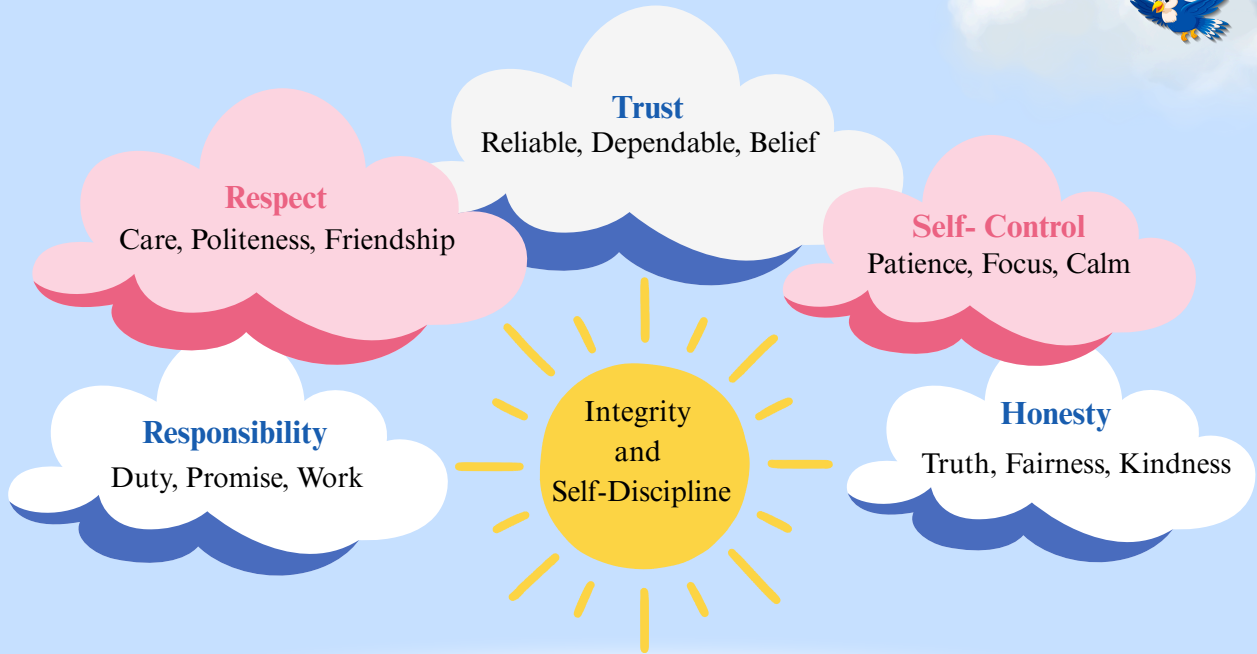
Effort - Work hard to finish what you start.



Trust - Be someone others can depend on.



Related Words



Remember: Be truthful, keep promises and try hard. It makes you a super kid.

Pledge



I, _____ [your name], promise to:

1. Always be honest and speak the truth.
2. Make good choices, even when it is hard.
3. Work hard to achieve my goals.
4. Treat others with respect and kindness.

Self-care Tip

Brush your teeth twice a day for a bright smile.



Confidence Booster

Raise your hand and ask questions – curious minds grow faster.



Culture Connect

Help your grandparents or parents – it's our duty to care for elders.



Good choices lead to great days.



1. Read the scenarios below and tick ☒ the correct answer:

(A) You find a lost pencil on the bench. What should you do?

- (a) Keep it for yourself.
- (b) Take it to the lost and found department.
- (c) Hide it in your bag.

(B) You see someone cheating in a game. What should you do?

- (a) Ignore it.
- (b) Tell the teacher.
- (c) Join them.

(C) Your friend asks if you like his drawing, but you think it is not very good. What should you say?

- (a) "It's the best drawing ever!"
- (b) "I don't like it."
- (c) "I think you can do better next time."

2. Fill in the blanks with the correct words from the word bank:

[Word bank : **focus**, **goals**, **choices**, **practice**, **control**]

- (A) Self-discipline helps you make good _____.
- (B) To achieve our _____, you need to work hard.
- (C) Regular _____ makes you better at something.
- (D) It's important to _____ on your homework instead of playing.
- (E) With self-discipline, you can _____ your feelings.



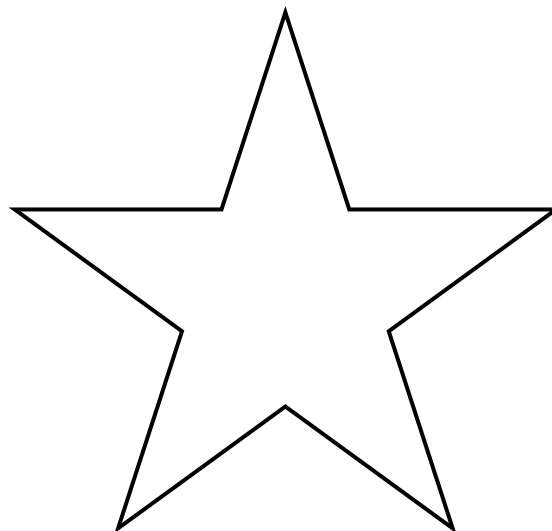
3. Find the words related to integrity and self-discipline in the word search below:



HONESTY
CONTROL
GOALS
RESPECT



4. Share your promise with your friends by making a “Promise Star”. Write your promise in the centre of the star. Tell your parents and teacher 3 things you will do to keep the promise.



5. Match The following:

A

1. Honesty
2. Trust
3. Promise
4. Effort
5. Patience

B

- (a) Working hard
- (b) Waiting calmly
- (c) Telling the truth
- (d) Keeping your word
- (e) Being dependable



Be true to your words and actions.