



The Kindness Curriculum



HONESTY

Honesty is defined as fairness and straightforwardness of conduct when one speaks the truth and act truthfully. It is often connected with sincerity, integrity and trustworthiness. Being honest requires courage, realism, trust and it takes practice. But honesty is not just about telling the truth! It promotes openness, gives clarity and empowers one to be authentic. Honesty has connections to other traits that support kindness, in particular self-compassion and self-acceptance.

Teaching honesty can be a challenge! Often social media and the virtual world create unreal perceptions of honesty. Teaching the importance of practising honesty contributes to the positive dynamics of the classroom and prepares students for individual success in their future. The [Kindness Curriculum](#) activities sourced and designed provide opportunities for children and students to explore authenticity and integrity in their own lives, classroom, and community.



Log your act of kindness at the [Kindness Factory](#).
Visit the [Kindness Curriculum](#) and make the world a kinder place.