



# HONESTY

PurposeFULL  
People

## 4th Grade Family Connection

### Overview

This month's focus is Honesty. One way to think about Honesty is "being truthful in what you say and do." Practicing Honesty helps strengthen our relationships and reduce stress.

Honesty is 1 of 3 traits we will focus on throughout the year that helps students Be Well. Throughout the school, students will be developing skills like emotion regulation, positive self-talk, and stress-management.

### In The Classroom

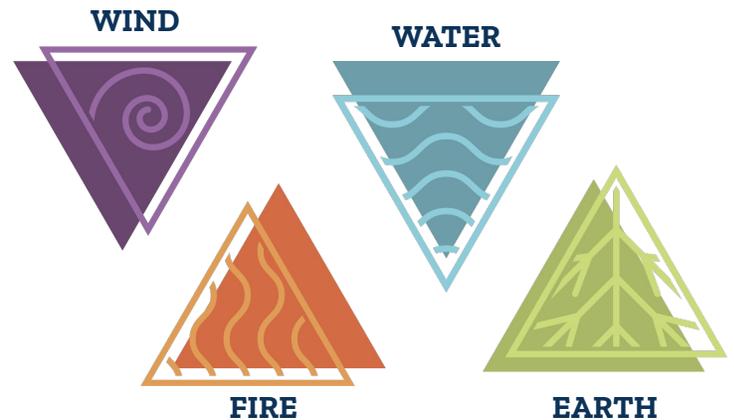
What we believe about ourselves influences our well-being. This month, 4th grade students will focus on positive self-talk, which is the ability to notice unhelpful thoughts and turn them into more helpful thoughts. They will also use the Emotion Elements identify how they feel.

#### Emotion Elements

- **Wind** represents feeling words like inspired, anxious, playful, and nervous.
- **Water** represents feeling words like concerned, thoughtful, tired, and bored.
- **Fire** represents feeling words like annoyed, overwhelmed, excited, and scared.
- **Earth** represents feeling words like motivated, focused, confident, and proud.

### Conversation Starters

- What are some examples of helpful, Honest, positive thoughts?
- Share 1 way you can be more Honest with others.





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## PurposeFull Pursuits



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Have some fun connecting as a family this month while practicing Honesty. Here are 3 "PurposeFull Pursuits" for you to complete together. How many can you do this month?

### Pursuit #1

Create a simple sign with some emotion words or faces/emojis. Create a space where your family can see emotion words or faces in 1 place near an entrance of a space. Each time someone walks through the entrance this week, have them tap the emotion they are feeling and name their feelings Honestly. Work together to help regulate or manage those emotions to be more confident, calm, or focused.

### Pursuit #2

Review Honesty as a family. Honesty is being truthful in what you say and do. Discuss the importance of being Honest and work together to create a family Honesty pledge. Create and decorate a sign together that explains what Honesty means in your family. Have each family member sign the pledge and choose a spot to display it. Refer back to the pledge as a reminder to be Honest and to celebrate when Honesty is practiced!



### Pursuit #3

Set aside some time to gather as a family and check in with each other. Ask each family member, "How are you feeling today?" Practice Honesty when responding and listen carefully as each family member shares. Use the emotion check-in questions to learn more. Challenge yourselves to check in with each other on a regular basis!



#### Emotion Check-In Questions:

- Tell me more about that feeling.
- Why do you think you are feeling that emotion?
- What do you need right now?

