



# HONESTY

PurposeFULL  
People

## 5th 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

Managing stress in healthy ways is critical to our well-being. This month, 5th grade students will focus on stress management. This work includes the following:

- Noticing the body's reaction to stress
- Creating plans and practicing strategies to manage or prevent stress

We will use the Emotion Elements to identify the emotions related to stress.

#### 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



- How do you know if you are being Honest with yourself?
- Share how being Honest with ourselves can help us to be more confident, calm, or focused when we are feeling stressed.





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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?

