

HONESTY

Family Newsletter

PurposeFull
People

Honesty 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 even reduces stress.

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

Conversation Starters



- Can you share or show what it means to practice Honesty?
- What is 1 way you can be more Honest with others?

PurposeFull Pursuits

Have some fun connecting as a family this month while practicing Honesty. Here are 2 "PurposeFull Pursuits" you can complete together!

#1

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!



#2

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?