

Our first Guidance Challenge topic is **INTEGRITY**. Integrity means that we consistently make honest and right choices, even if no one sees us doing it or asks us to. It also means we don't let a situation or a person influence when we make good choices.

Watch this quick video about an amazing story of athletes showing integrity through kindness!

https://www.youtube.com/watch?time_continue=31&v=jocw-oD2pgo

(Feel free to check out our Plainview Intermediate Counseling Facebook Page for additional discussion questions about this video)

Your challenge this week is to show integrity through kindness. Do one kind thing for someone in your household, without being asked. Feel free to take a picture, send an email, or have your guardian post on the Plainview Intermediate Counseling Facebook page to share your integrity challenge.

Stay safe & healthy! We miss you all!