

# Character Education: Trust/Integrity “Fill your Cup First”

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## Creating an Environment of Integrity for Care of Self and Others

**Integrity:** The quality of being honest and having strong moral principles.

The importance of being true to yourself and having integrity (strong moral character) plays an important part of having good character.

### Scenario:

When your imaginative cup of life is full, How do you feel? Perhaps satisfied, a sense of comfort and perhaps like a winner. This sense of fulfillment makes us happy.

- Perhaps you made honor roll
- Selected as a player on a sports team (“making the cut”).
- Setting a goal and meeting the goals objectives (volunteering, raising or saving money..etc.)



### Scenario:

*When our imaginative cup is empty, the feelings can be very different. Feeling tired, frustrated, short-tempered, or even sad is possible. This sense of feeling unfulfilled can bring us down, bring on discontent or a melancholy feeling.*

- *Having trouble with grades or homework completion*
- *Conflict with peers and friends*
- *Feeling like you are letting someone down, parents, friends, a coach*



*Let's think about which of these experiences or acts of self care fill your cup, make you feel happier and more content. Also, take a look at the list of words that may align with your personal values (Integrity).*

Aligning your sense of principles with activities that fulfil you.

Fill your cup by:

- Eating healthily
- Observing quiet time
- Exercise and considerable movement
- Art
- Spending in person or virtual time with friends
- Going to a place of worship
- Doing absolutely nothing for a short amount of time
- Daydreaming
- Playing music/listening to music on earbuds or headphones

When your cup is not full, reflect on your values and pair them up with a positive activity. Activities to fill your cup (self care activities should never be dangerous or harmful to self or others).

**Take good care of yourself!**