



Includes
activity
guide for
adults

Stand Tall!

A book about integrity



free spirit
PUBLISHING®

Cheri J. Meiners ★ **illustrated by Elizabeth Allen**



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A book about integrity



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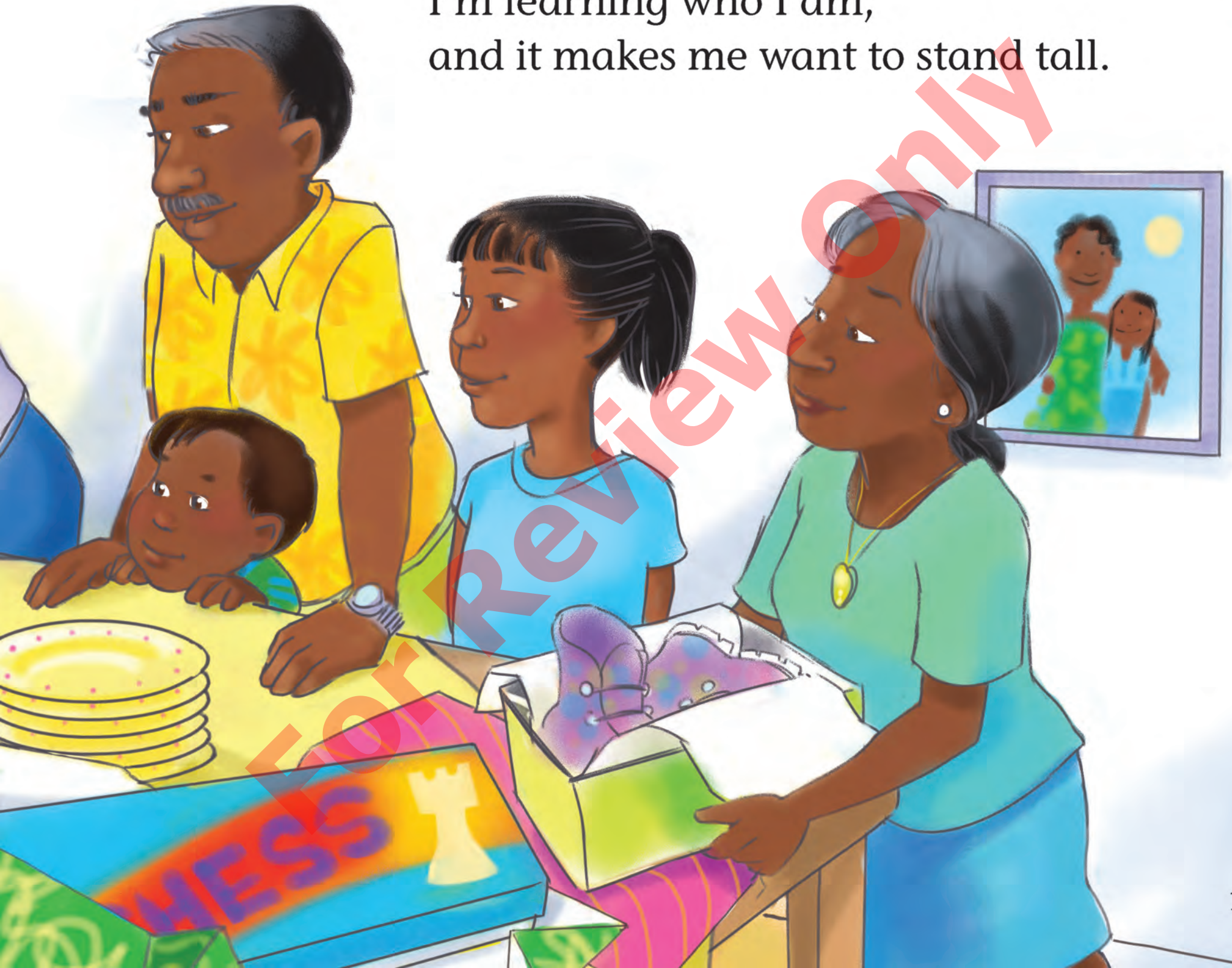
free spirit
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I have a place where I belong.



I'm learning who I am,
and it makes me want to stand tall.



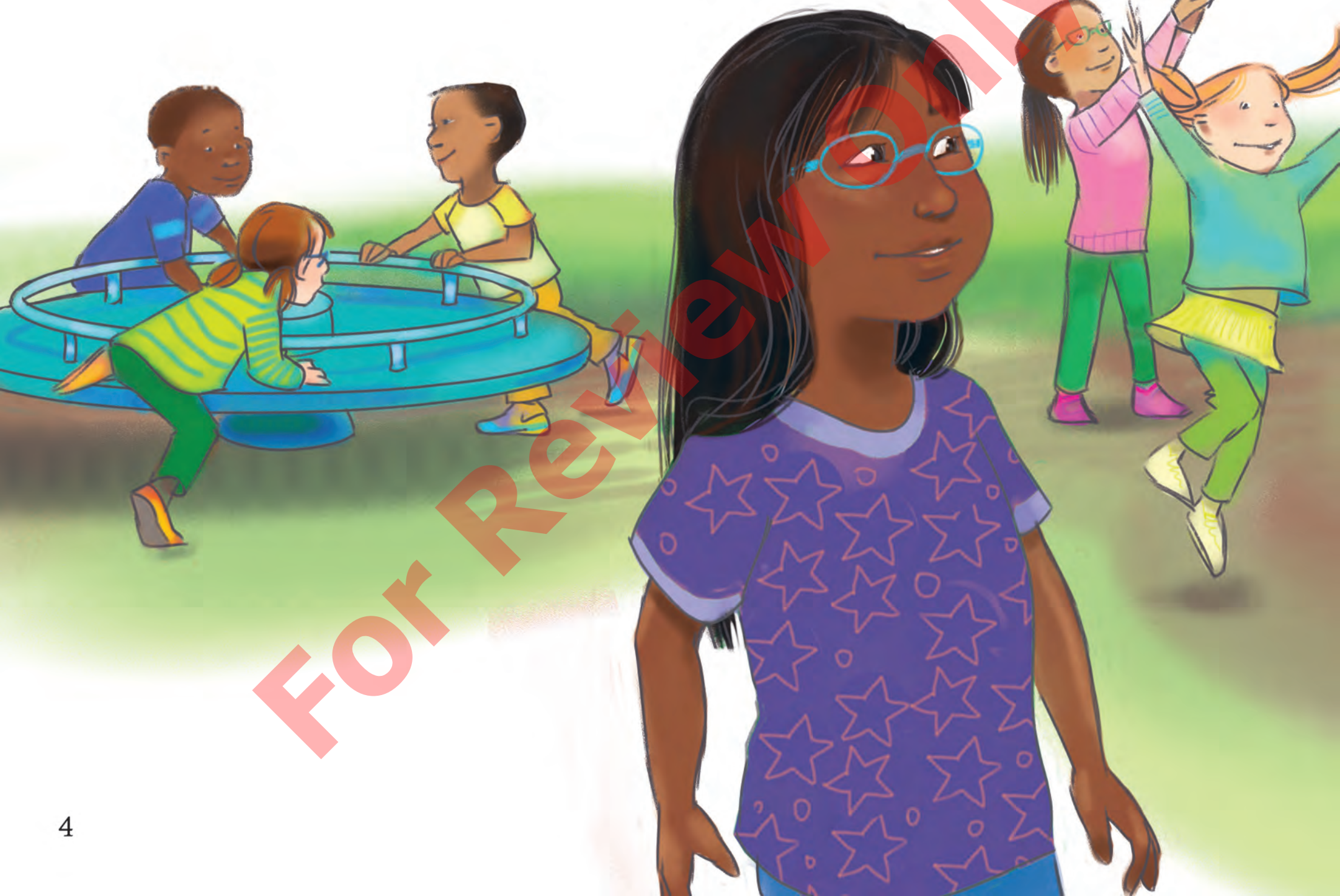
Many people care about me
and want to help.

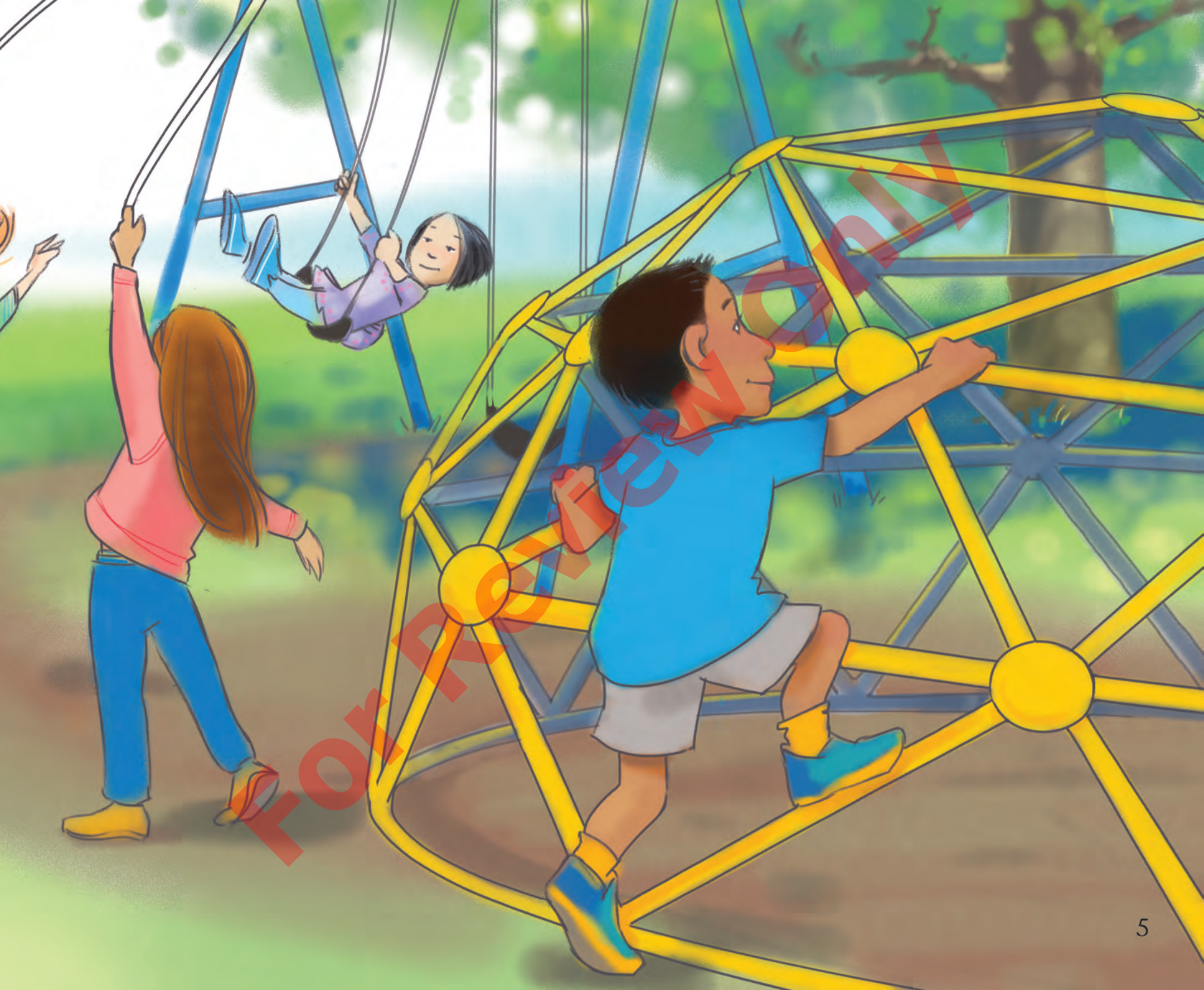


I can listen to someone's ideas
and then make my own choice.



When I have many choices,
I want to think about each one.





Ways to Reinforce the Ideas in *Stand Tall!*

Stand Tall! teaches integrity—a quality of dependability, moral courage, and resoluteness. At its core, integrity is a person's strong sense of self and values, and the fortitude to act in accordance with those values—even when it's difficult or unpopular to do so. From this book, children learn the importance of being committed to their ideas and beliefs, and following through on their intentions. A life of integrity can influence others in many positive ways. Being dependable and standing up for beliefs can influence others to make wise choices. A desire to help others can have a wide impact.

Without integrity, other qualities—such as intelligence, creativity, or having lots of energy—can be misdirected. Though it's sometimes challenging, being true to yourself and your sense of right is the basis for strong character. It can lead to improved mental health, greater feelings of fulfillment, improved relationships, and a greater sense of purpose in a person's life—all of which can lead to greater happiness. Children can learn integrity by becoming more familiar with their own patterns of thinking, and by adopting some of the principles discussed in this book and supported by the activities on pages 33–35.

Words to know:

Here are terms you may want to discuss.

choice: a decision; a chance to choose from different possibilities

courage: bravery; when you show courage you do something you believe is right, even if it is hard

decide: to make up your mind

depend: to count on someone to do something, and believe that the person will do it

encourage: to support and reassure someone; to help someone feel confident

integrity: being true to yourself and other people by knowing and doing what you think is right

peaceful: calm; not worried

promise: to say that you will do something and really mean it; when you keep a promise, you do what you say you will do

respect: to treat others kindly and politely; to know and show that a person is important

shine: to stand out; when you let other people shine, you let them have attention and a chance to show what they can do well

stand tall: to be brave and proud and strong in doing what you think is right

trust: to believe that someone is telling the truth and will do what he or she says

As you read each spread, ask children:

- What is happening in this picture?
- What is the main idea?
- How would you feel if you were this person?

Here are additional questions you might discuss:

Note: Before this discussion, you may want to start by introducing and explaining the word integrity. For example, you could say, "When you have integrity, you do what you know is right. When we talk about 'standing tall,' we mean integrity."

Pages 1–9

- What does it mean to belong? Where is a place where you belong?
- What are some ways you are learning who you are?
- What does it mean to stand tall? What are some ways you stand tall?
- Who are some of the people who care about you? How do they help you or show you that they care?
- When you have choices, why does it help to think and learn about those choices? How do you decide what to do?