



# MAT CHAT



## Tenets and Codes

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### Tenet 1 - Integrity

#### What does *Integrity* mean?

Doing the right thing, even when nobody is watching, because it's the right thing to do!

#### What is the right thing to do?

- You noticed that your grandmother dropped a \$20 bill the same day you want to buy a popular new video game or toy.
- You saw the last piece of your sister's birthday cake in the refrigerator but know your sister was hoping to have it for dessert.
- You witness a classmate being bullied in the hallway at school. The bullies are big and mean and you are afraid of them.
- You are at the grocery store with your mother and know you could put that package of candy in your pocket with no one seeing.
- You don't feel like working hard, and you know you could pass even if you don't do your best.
- Your instructor does warm up along with you. When you are stretching she can't see you so could just sit there and do nothing while she isn't looking.



#### At Home Training - Bring to the next *Mat Chat*.

Share your example of how you demonstrated or witnessed *integrity*.

- You can write. Tell about it, or it can be a story or poem.
- You can draw a picture of someone showing *integrity*.
- You can tell. Be prepared next time to tell about seeing or showing *integrity*.