



Includes
activity
guide for
adults

Stand Tall!

A book about integrity





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Cheri J. Meiners



illustrated by Elizabeth Allen

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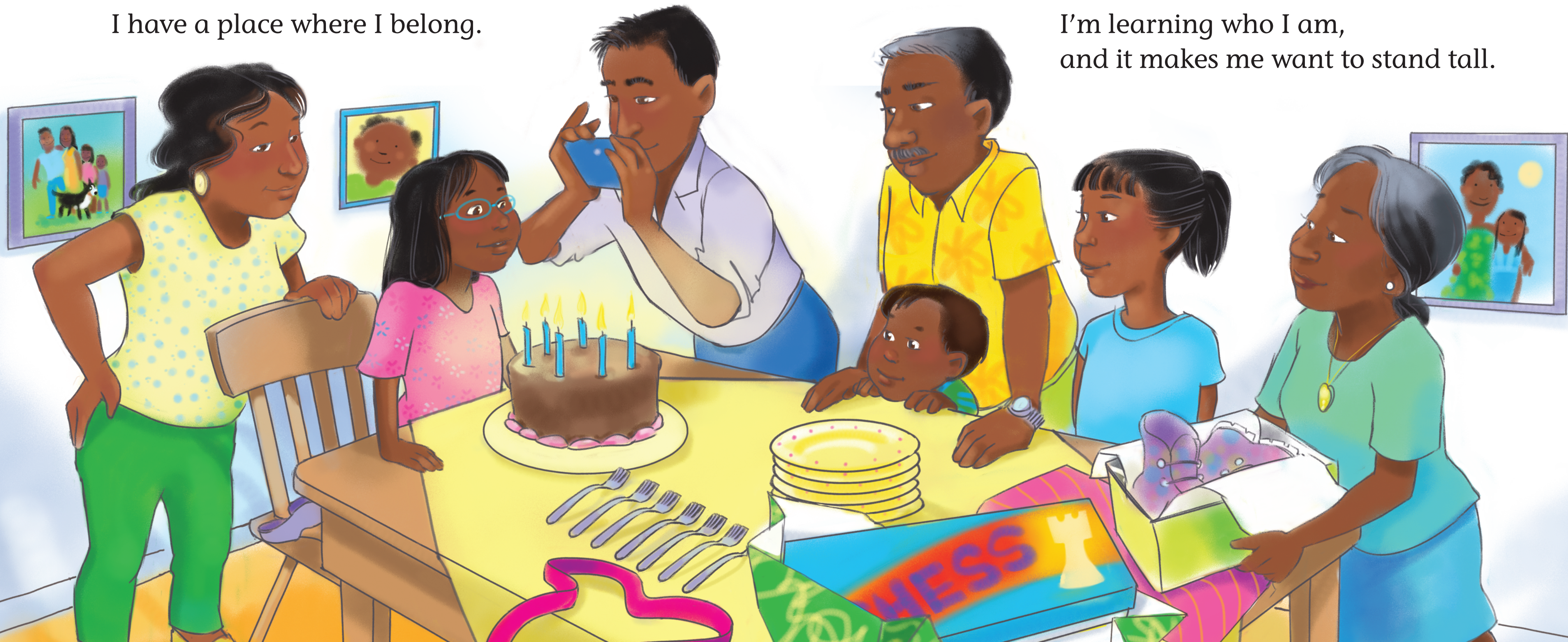
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To Audrey:
May you always stand tall
and be firmly rooted
in choosing right.



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.



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?

- What is something important that you want to do? What can you do now to plan and get ready to do it?

Pages 10–19

- Tell about a time when you wanted to give up on something hard, but you kept going.
- Think of a time you made good choices and stood tall. What did you do? Was it easy or hard? How did you feel afterward?
- What is a time when you made up your own mind about what was the right thing to do? How did you decide what to do?
- When someone asks you for help, what do you say? What do you do? How do you feel when you help someone?
- Tell about a time when you said you would do something for another person, and then you did it. How does doing what you say you will do help people trust you?
- Think of a time you tried to fix a problem by yourself, without being asked. What did you do? (*Examples: helped a sibling, did a household chore.*) How did you feel when you took care of a situation by yourself?

Pages 20–31

- What are important things that you want to stand up for? When you stand tall, how do you think people around you feel?
- When did you encourage someone else in something they were doing? How did the person feel? How did you feel? What are ways that you can encourage other people?
- What does it mean to be part of something that is bigger than you? (*Examples: To do something that helps others; to be part of a group, such as a family, a class, or a sport; to do things that are with, and for, other people.*) What are some good things you do that are bigger than you? (*Examples: Be a class helper; draw a picture for a friend; set the table for dinner.*) How does it feel when you do these things?

- Do you agree that being kind is always the right thing to do? Why?
- Why do you think it’s a good idea to act the way you like people to act with you?
- What is something that you do that helps you stand tall? (*Examples: I don’t take things that aren’t mine; I try to help when someone asks me; I do things I’m assigned to do, such as make my bed.*)

Integrity Activities and Games

Read this book often with your child or group of children. Once children are familiar with the book, refer to it when teachable moments arise involving both positive behavior and problems relating to dependability, perseverance, commitment, and trustworthiness. In addition, use the following activities to reinforce children’s understanding of integrity and standing tall.

Heroes Who Stand Tall

Directions: Read about people who have shown integrity throughout history. Talk with children about what these people did and how they stood tall. Ask and discuss questions like “What did the person do to stand tall?” and “After learning and thinking about this person, what new ideas do you have for how you can stand tall?”

Extension: Have children draw a picture of something a person from history has done to show integrity. Have children talk about their picture and explain why this is an example of standing tall. They might also talk about something that they could do to show integrity.

Variation: Invite children to choose heroes from their own families. Ask children to talk to their parents and other family members regarding their family history and heritage. Children may learn how family members have stood tall in the past, while also talking about the family’s hopes for the future. Knowing about family history can help children build self-esteem, make wise choices, and develop integrity.