

「诚信伴我成长」系列活动怎么策划：从定时间轴到物资清单

策划「诚信伴我成长」系列活动，第一步是定时间跨度。不要把三个环节挤进同一天，摊成两周：第一周是输入周，开诚信故事会；第二周是输出周，展诚信手抄报、评诚信之星。这样每个环节都有准备时间，学生不会赶在头天晚上临时凑。

第二步是把主题句定成可操作的口径。别用「弘扬诚信精神」这类大口号，改成「说到做到，不说假话」，贴在黑板一角，让学生把手抄报标题也统一用这句。主题句是衡量每个环节的尺子：故事会选的故事、手抄报的内容、评选的标准，都要能回到这八个字上。

故事会的玩法是：每名学生准备一个三分钟以内的诚信故事，可以写自己经历的、亲眼见到的，也可以是新闻里的。教师先讲一个示范，把时间、地点、人物对话讲出细节，避免全班都讲华盛顿砍樱桃树。设计时员，三分钟响铃打断；每个故事讲完，听众填一张点评卡，只写一句话：这个故事里最打动你的是哪一处。

手抄报的玩法是：四到六人一组，每组领一张A3纸，内容限定三个板块——一个诚信故事、一则新闻评论、一段本班同学的守信记录。一周内交稿，交稿后挂在走廊绳子上，课间开放参观两天，参观时用点评卡投票选出最佳版面。

评选的玩法是：不搞一次举手表决定结果。用三类记录合成：全班每人投三票、家长签一条「孩子本月守信事例」、班委日常行为记录表。按合计取前五名，颁发诚信之星证书，仪式放在最后一周的班会上，由班主任当场念出每人的守信事例。

物资清单要在活动开始前逐项核对：A3纸每组一张、水彩笔每组一盒、点评卡四十张、家长签字条按全班人数、证书五张、计时器一个、展示绳二十米、双面胶一卷。清单交给班委分工认领，周四放学前向班主任汇报到位情况，缺什么当天补。

收尾安排一个十分钟分享会，问三个问题：哪个环节你印象最深、哪个故事最打动你、下个月你想守住哪个承诺。答案写在便利贴上贴到后黑板，拍照存档，这就是下一轮活动的素材。

How to Plan an 'Integrity With Me' Activity Series: From Timeline to Supply List

Planning an 'Integrity With Me' activity series starts with setting the time span. Do not squeeze all three segments into one day; spread them over two weeks: week one is the input week with the integrity story session, week two is the output week with the poster exhibition and the Integrity Star selection. Each segment then has preparation time, and students will not be scrambling the night before.

Step two is turning the theme into an actionable phrase. Skip slogans like 'promote the spirit of honesty' and use 'keep your word, speak no lies' instead. Post it on one corner of the blackboard and let students use it as their poster title.

This phrase is the ruler for every segment: the stories told, the poster content, and the selection criteria should all trace back to it.

For the story session, each student prepares an integrity story of no more than three minutes, from their own experience, something they witnessed, or a news item. The teacher tells one first as a model, with details of time, place, and dialogue, so the class will not all retell George Washington and the cherry tree. Assign a timekeeper who rings a bell at three minutes. After each story, listeners fill one comment card with a single sentence: which part of the story moved you most.

For the poster segment, form groups of four to six, each receiving one A3 sheet, limited to three blocks: one integrity story, one news comment, and one record of classmates keeping promises. Posters are due within a week, then hung on a string in the hallway and open to viewing during breaks for two days, with best layout voted by comment cards.

For the selection, do not settle it with one show of hands. Combine three records: every student votes for three people, parents sign one note about a promise their child kept this month, and class officers keep a daily behavior log. Take the top five by total, award Integrity Star certificates at the last class meeting, and have the homeroom teacher read out each winner's example on the spot.

Check the supply list item by item before the activity starts: one A3 sheet per group, one box of colored pens per group, forty comment cards, parent note slips for every student, five certificates, one timer, twenty meters of display string, one roll of double-sided tape. Hand the list to class officers to claim, report readiness to the homeroom teacher before school ends on Thursday, and fill gaps the same day.

Close with a ten-minute sharing session asking three questions: which segment impressed you most, which story moved you most, and which promise you want to keep next month. Write answers on sticky notes, post them on the back blackboard, photograph them for the class archive, and they become material for the next round.

一份可直接执行的示例方案：两周日程、分工表与预算

下面是一份假设的初中班级示例方案，可直接套用。班级四十五人，分九个小组，活动周期两周，从周一到第二周五。

第一周：周一班会发布主题「说到做到，不说假话」，宣布活动日程，每人发一张故事选题单，当天交回选题；周二中午午休时间故事会第一场，九个组各派一人讲，共九个故事；周三第二场，剩余同学讲，教师用计时器控场；周四课间收集点评卡，统计出「最打动人心故事」前三

名；周五放学前公布手抄报分组和板块要求。第二周：周一各组交手抄报草稿，教师给一句话修改意见；周三中午定稿上墙，挂在教学楼一层走廊；周四周五开放参观投票；第二周五班会课做诚信之星评选和颁奖，同时做十分钟分享会。

分工表：班长统筹进度，每天放学前在黑板角落写「明日事项」；宣传委员负责手抄报收稿、挂绳和拍照；学习委员管点评卡的发放回收和统计；生活委员采购物资，凭发票报销；两名计时员轮流出场。每个岗位写明姓名和电话，出问题直接找人，不临时指派。

预算按一百二十元做：A3纸十张十五元、水彩笔九盒五十四元、点评卡与便利贴八元、证书五张十元、展示绳与双面胶十二元、备用金二十一元。备用金只在物资损坏或临时补购时动用，由生活委员记账，活动结束后公示余额。

三个环节的衔接点要写死：故事会的「最打动人心故事」前三名，直接作为手抄报第一板块的素材来源，避免各组重新编故事；手抄报的参观投票结果不计入评选，只评版面，防止评选变成人气投票；家长签字条在第一周周五随手抄报要求一起发，第二周周三前收回，给家长留出四天。

评选计分表样式：学生互投票每票一分，上限三票；家长签字条每条一分，按全班回收率折算，回收率低于八成则全班该项统一打八折；班委行为记录每条守信事例零点五分，上限三分。三项相加，前五名获诚信之星，名单连同事例贴在班级公告栏一周。

方案末尾附风险预案：故事会当天有学生没准备，改为听记员，负责记录故事要点，不点名批评；手抄报小组有人缺席，允许四人组减一个板块；评选争议由班委复核记录表，班主任保留最终裁定权。

A Ready-to-Run Sample Plan: Two-Week Schedule, Duty Roster and Budget

Here is a sample plan for a hypothetical junior high class, ready to adapt. Forty-five students in nine groups, a two-week cycle from Monday of week one to Friday of week two.

Week one: Monday's class meeting launches the theme 'keep your word, speak no lies', announces the schedule, hands out story topic slips due the same day; Tuesday lunch, story session round one, one speaker from each of the nine groups; Wednesday round two for the rest, teacher keeps time; Thursday break, collect comment cards and count the top three 'most moving stories'; Friday before dismissal, announce poster groups and block requirements. Week two: Monday groups submit poster drafts, teacher gives one-line feedback; Wednesday noon final posters go up on the first-floor hallway; Thursday and Friday open for viewing and voting; the second Friday's class meeting holds the Integrity Star selection, awards, and a ten-minute sharing session.

Duty roster: the monitor tracks progress and writes 'tomorrow's items' on the blackboard corner each day; publicity officers handle poster collection, hanging, and photos; the study officer distributes and tallies comment cards; the logistics officer buys supplies and reimburses by receipt; two timekeepers take turns. Each post lists a name and phone number, so problems reach a person directly instead of ad hoc assignment.

The budget is one hundred twenty yuan: ten A3 sheets for fifteen, nine boxes of colored pens for fifty-four, comment cards and sticky notes for eight, five certificates for ten, string and tape for twelve, twenty-one in reserve. The reserve is only for damaged or last-minute supplies, logged by the logistics officer, with the balance posted publicly afterwards.

Fix the handoff points between segments: the top three stories from the session become the required content of the posters' first block, so groups do not invent new stories; the poster vote rates layout only and never counts toward the selection, keeping it from becoming a popularity contest; parent note slips go out Friday of week one with the poster requirements and come back by Wednesday of week two, giving parents four days.

Scoring sheet: each peer vote is one point, capped at three; each parent note is one point, scaled by the return rate, and if returns fall below eighty percent the whole class's score for that item is discounted to eighty; class officers' behavior logs give half a point per kept-promise record, capped at three. Sum the three items; the top five become Integrity Stars, with names and examples posted on the class board for a week.

Append a risk plan: if a student is unprepared for the story session, switch them to note-taker recording story highlights, no public scolding; if a group member is absent, allow a four-person group to drop one block; selection disputes go to the class officers for record review, with the homeroom teacher holding final say.

诚信活动最容易踩的五个坑：从口号化到评选变人气投票

第一个坑：主题停留在口号。识别信号是黑板上写着「诚信做人」，但学生交上来的手抄报全是抄的名人名言，没有一个本班的事。补救办法：把主题句换成行为句，要求手抄报必须有一个板块写本班同学的守信记录，由学习委员每周收集两条，写不出本班素材的组不给过。

第二个坑：故事会全班讲同一个故事。十个人里八个讲狼来了，两个讲华盛顿，会场气氛越来越散。信号是后半程听众开始翻书。补救办法：活动前发选题单，限定题材来源只能是自己经历、亲眼所见或新闻，教师示范时故意讲一个班里真实发生过的小事，把「讲真事」的门槛立起

来；现场发现题材重复，主持人当场请后来者换一个。

第三个坑：手抄报变成家长代做。交上来的版面字迹工整、排版专业，明显不是学生的手笔。信号是版面水平两极分化。补救办法：把制作挪到校内，两个中午各四十分钟当堂做，教师巡视；家长签字条只签守信事例，不参与手抄报，从源头切断代做的通道。

第四个坑：评选变成人缘投票。得票最高的同学未必有守信事例，落选的学生回家委屈。信号是名单公布后有学生问「他凭什么」。补救办法：计分表里学生互投只占一部分，家长签字条和班委行为记录合计要过半；公布名单时必须附每人一条具体事例，没有事例支撑的高票者不入选，规则提前一周贴在公告栏。

第五个坑：活动结束后没有存档。热闹两周，下个月什么都没留下，写周记时学生想不起细节。补救办法：每个环节指定一个拍照负责人，故事会的故事要点由听记员整理成一页纸，点评卡按周装订，分享会的便利贴拍照后扫描进班级文件夹。这些存档直接供语文老师做作文素材，活动价值才能延伸到课堂。

自查方法：活动结束后一周内，班委对照五个坑各写一句话检查记录，哪条中招就写进下轮方案的预案里。方案不是一次写对的，是每轮补一个坑补出来的。

Five Common Pitfalls of Integrity Activities: From Slogans to Popularity Contests

Pitfall one: the theme stays a slogan. The signal is 'be an honest person' on the blackboard while every poster is copied famous quotes with not one local story. Fix it: replace the theme with a behavior sentence, require one poster block to record classmates' kept promises, collected weekly by the study officer; groups without local material do not pass.

Pitfall two: the whole class tells the same story. Eight of ten tell 'The Boy Who Cried Wolf', two tell Washington, and the audience drifts. The signal is listeners flipping through books in the second half. Fix it: send out topic slips beforehand limiting sources to personal experience, firsthand witness, or news; the teacher models with a small true event from the class to set the bar for real stories; if the host hears a duplicate topic live, ask the later speaker to switch on the spot.

Pitfall three: parents make the posters. Submissions come in with professional handwriting and layout. The signal is a two-tier spread in quality. Fix it: move production on campus, two lunch breaks of forty minutes each under teacher supervision; parent note slips only sign promise records and never touch the posters, cutting the channel at its source.

Pitfall four: the selection becomes a popularity vote. The top scorer may have no

kept-promise record, and losers go home upset. The signal is students asking 'why him' after the list goes up. Fix it: peer votes count for only part of the score, with parent notes and behavior logs together over half; every published name must come with one concrete example, high scorers without examples are excluded, and the rules go on the board a week early.

Pitfall five: nothing is archived. Two busy weeks leave no trace, and details vanish when students write weekly journals. Fix it: assign one photographer per segment, note-takers turn story highlights into a one-page summary, comment cards get bound weekly, sticky notes are photographed and scanned into the class folder. Teachers then reuse this archive as composition material, extending the activity's value into the classroom.

Self-check method: within a week after the activity, class officers write one sentence per pitfall in their review notes; whichever applies goes into the next plan's risk section. Plans are not written right the first time; they improve one patched pitfall per round.