



## Integrity Group Activity 4: Dress-up Relay

### Integrity — Ability to know and do what is right

- **BE COMMITTED:** Set high standards for your behavior & stick to them, even in difficult situations.
- **BE COURAGEOUS:** Stand up for what you believe is just & good.
- **BE HONEST:** Choose words & actions that are sincere, not misleading.
- **BE DISCIPLINED:** Remain dedicated & self-controlled, even when challenged.
- **BE RESILIENT:** Learn from mistakes & losses; seize the opportunity to improve.

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### Problem Solving: Integrity

**Summary:** Each team member must dress entirely in the outfit from the pile of clothes. The team that completes this task first wins the game.

**Equipment:** (2 sets) T-shirt, shorts, jacket, boots, hat, sunglasses, and tape. (See diagram on next page for setup instruction.)

**Time:** 10 minutes total

Brief the group: 2 minutes

Exercise: 6 minutes

Reflection: 2 minutes

**Clothes Represent:** The opportunity to encourage and support those around you, despite the challenges ahead.

### Directions:

- Split up into 2 separate teams at the starting line.
- One team member at a time, players must run to the pile of clothes and put on each item.
- They then must take off each item, and yell "Go team!"
- After one person finishes, the next player must go dress up in the clothing pile.
- The first team to have each member dress up in the outfit wins.
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### Facilitator Notes:

- You want to make sure that each player is putting on each item of clothing.
- There should be the same number of clothing items in each pile.

### Processing the Ideas:

- Discuss the importance of integrity: the ability to know and do what is right. How did this group do in demonstrating integrity in dress-up relay?
- How does dress-up relay relate to a game situation?
- How will INTEGRITY look on your team? Identify 3. Refer to Integrity checklist.
- One team member writes and reports later.

