Integrity Group Activity 1: Minefield

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.

**Problem Solving: Integrity**

**Summary**: Blindfolded people navigate their way through the obstacles (cups) with the directions from partners.

**Time**: 10 minutes total
- Brief the group: 2 minutes
- Exercise: 5 minutes
- Reflection: 3 minutes

**Cups Represents**: Classes, Relationships, Job, Family, Friends, Coach, Role on the Team, etc… Everything that can get in the way during a season.

**Directions**:
- Create two lines. One line on each end of the obstacle course.
- Blindfold the first person in one of the lines.
- The first person in the other line will guide the blindfolded person toward them.
- Once they have made it through the course they hand off the blindfold and play continues until everyone has been navigated through the course.
- **Optional**: Blindfold half the team and have them all go at the same time. See below

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<th>Blindfolded</th>
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**Facilitator Notes**:
- As participants try to navigate through the course talk to them and try to distract them.
- Guides are not allowed to touch those that are blindfolded.

**Processing the Ideas**:
- Discuss the importance of integrity: Ability to know and do what is right. How did this group do in demonstrating integrity to from the guide to the blindfolded?
- How does this relate to a team setting? (Distracting, leadership, following rules, etc…)
- How will INTEGRITY look on your team? Identify 3. Refer to Integrity checklist.
- One team member writes and reports later.