



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

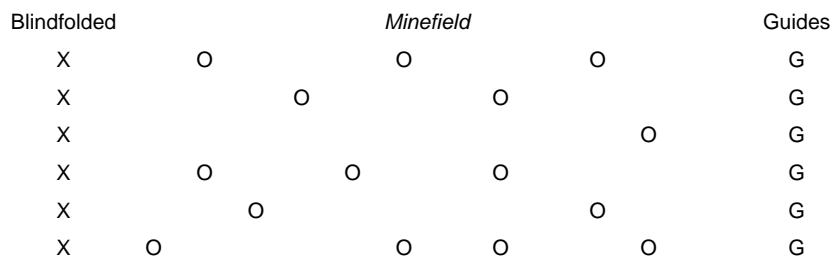
Exercise: 5 minutes

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*



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.