Integrity Group Activity 3: Substitution

Integrity: The 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**: Group must cross the far side of a circle, by stepping in a hula hoop and without touching each other.

**Equipment**: one hula hoop and tape to make an outer circle.

**Time**: 15 minutes total
- Brief the group: 2 minutes
- Exercise: 10 minutes
- Reflection: 3 minutes

**Hula Hoop Represents**: An opportunity to do the right thing with honesty and consistency.

**Directions**:
- Place the hula hoop on the ground and gather the group around it in a large circle.
- Ask each person to identify, make eye contact with and point at a partner on the exact opposite side of the circle.
- Must cross to the exact opposite side of the circle in 30 seconds, with one hoop step and a partner high-five.
- Once everyone starts to move, no one must stop or touch anyone else on their way to the far side (excluding the high-fives). Contact or a stop means using one of their five attempts and plans again.

**Facilitator Notes**:
- Expect more than one collision the first time the group tries to cross over and encourage bumpers (hands) up.
- You can always challenge them to improve their time.

**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 their substitution?
- How do substitutions relate to a game?
- What is the importance of running and encouraging your teammates during a substitution?
- How will INTEGRITY look on your team? Identify 3. Refer to Integrity checklist.
- One team member writes and reports later.