



## 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.

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### 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.