



Integrity Group Activity 2: Sea of Discontent

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: Group must cross an entire team over an area using minimum resources.

Equipment: 10-15 Stepping Blocks (foam pads)

Time: 13 minutes total
Brief the group: 2 minutes
Exercise: 8 minutes
Reflection: 3 minutes

"Blocks" Represent: An opportunity to do the right thing when no one else is looking and the choices you have when faced with a difficult challenge.

Directions:

- Establish a distance "The Sea" in which the group must cover. This must be at least 20 feet or more.
- The group's goal is to make it across the distance as an entire team using only the given resources (the blocks.)
- No one may touch "The Sea." There are consequences.
- The blocks can touch "The Sea," however they may not be scooted along the ground.
- Group members can use the blocks to support themselves across "The Sea."
- Group members must stay in contact with the blocks at all times. If they lose contact, they lose the block.

Facilitator Notes:

- You may also use the rule that the blocks may only move in one direction.
- You can add blindfolds or silent people as consequences for touching "The Sea."

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 crossing "The Sea?"
- How does the distance of the "The Sea" relate to a season?
- How will INTEGRITY look on your team? Identify 3. Refer to Integrity checklist.
- One team member writes and reports later.