

# Integrity Obstacle Course

This lesson introduces integrity as the next level of honesty. Students will navigate an obstacle course blindfolded while a partner guides them safely to the other side.

**Integrity Sub-Concepts**

Honesty, Kindness

**Lesson Timeframe**

45 minutes

**Required Materials**

- Blindfolds (Can be shirts, scarves, etc.)
- “The “I” in Integrity” by Julia Cook

**Standards Map**

This lesson aligns with CASEL Competencies, National Health Education Standards, and Common Core State Standards. Please refer to the [Standards Map](#) for more information.

**Lesson Objective**

Students will be able to:

- Use integrity to ensure their partner avoids obstacles and reaches their destination safely.
- Explain how being honest helps others trust you.

**Teacher Connection/Self-Care**

Students come from all different home situations. Remember- you cannot control that. All you can do is show up, be present and follow through on your words. Your integrity lays a foundation.

**Tips for Diverse Learners**

- Allow students to hold hands while the guide gives instructions.
- Allow an option to simply walk backwards instead of being blindfolded if students are apprehensive.
- Adjust the difficulty of your obstacle course in between groups as needed.

**Share**

7 minutes

Play 2 truths and a wish.

Model how to play: one person stands up and thinks of 2 true things about themselves and 1 wish they want to be true. They must tell all three things to the teacher. (This ensures every player is practicing honesty and doesn't change their answer after others vote!)

The person will then announce the three things about themselves. Write all three things on the board. The rest of the class will vote on which two are true and which one is the wish.

After everyone has voted, the volunteer shares the wish.

Repeat this with 2-3 volunteers.

### Ask the class:

- Were you able to figure out the wish?
- Why was it difficult to figure out?
- How did it feel knowing one of the things mentioned wasn't true?



### Inspire

#### What is Integrity?

5 minutes

Review the concept of honesty. When we are honest we tell the truth through our words and actions. Integrity builds on this by adding one special part: we must be honest all the time, even when others aren't around or paying attention. **Integrity** means *acting in a way you know to be right and kind in all situations*. When you show integrity even when others are not around, people know they can trust you no matter what!

**Read Aloud:** "The "I" in Integrity" by Julia Cook

**Read Aloud Link:** [https://youtu.be/\\_uyp3I8boH8?si=jv4ONONZr1hi1Uj](https://youtu.be/_uyp3I8boH8?si=jv4ONONZr1hi1Uj) (5 min)

After the story, use the following questions to review integrity:

- How did this story demonstrate integrity?
- In what ways did Cora June cut corners when cleaning her room?
- What did Cora June do when she didn't know how to spell "impossible"?
- What does she do after she learns what integrity means?

Emphasize that in the end, Cora June showed integrity by doing what is right and kind in all situations. Although she did not understand at the beginning, once she learned about integrity, she worked hard to fix the bad choices she had made before.



### Empower

15-20 minutes

Explain that today we will play a game to practice integrity with others. Divide your class into pairs. If there is an extra student, they will pair up with the Teacher.

- Set up your classroom by clearing a space for children to cross the room from one side to the other. The larger the open space, the better.
- Have everyone line up on one side of the room.
- One person in each pair will be blindfolded. They must reach the other side of the room without getting hurt, bumping into anything, or peaking through their blindfold. Their partner must give clear instructions, using integrity to ensure that their partner is safe at all times. They are NOT allowed to touch each other unless the teacher gives special permission.
- If desired, place a chair or other item in the middle of the open space to increase difficulty.
- Call up 3-4 pairs at a time to navigate the open space. Once each pair reaches the other side, have them trade roles and work their way back.

## RANDOM ACTS OF KINDNESS FOUNDATION®

- Complete the activity until every player has had a chance to be guided through the open space.

## Reflect



5-10 minutes

This activity required each of us to use integrity by doing what we know is right and kind when we were both the guide and the person blindfolded. We committed to getting our partner safely to the other side. We also committed to not peeking and trusting our partner with our own safety!

Guide a class discussion around the activity and how it relates to integrity using the following questions:

- When you were the guide, did you provide honest directions?
- When you were the person blindfolded, were you able to trust your partner totally? Why or why not?

Integrity is a critical skill to practice both at school and at home. When people can count on you to do what is kind and right in all situations, they trust you no matter what! You are reliable, safe, and trustworthy because you show integrity.

## Extension Ideas



- Increase the difficulty level by adding cups on the floor for the pairs to navigate around!
- **At home:** Play this game as a family outside! If you are a smaller family, invite the neighbors or some friends to come over for a fun afternoon.



The Collaborative for Academic, Social, and Emotional Learning (CASEL) has been reviewing evidence-based SEL programs since 2003. Kindness in the Classroom® meets CASEL's SElect Program and is included in the CASEL Guide to Effective Social and Emotional Learning Programs.

Kindness in the Classroom® met or exceeded all of CASEL's criteria for high-quality SEL programming. Kindness in the Classroom® received CASEL's highest designation for high-quality SEL programming.

<https://casel.org/guide/kindness-in-the-classroom/>