Lesson Timeframe

20-25 mins

Materials

☐ Integrity poster (optional)



Share

Define integrity: INTEGRITY IS ACTING IN A WAY THAT YOU KNOW TO BE RIGHT AND KIND IN ALL SITUATIONS. (Show the Integrity poster if desired.) Discuss that integrity connects with perseverance when we work together. Perseverance is sticking with something until it is finished, even when it is hard. It means you refuse to give up! Think back to a time when you pushed through something difficult, even though you felt like quitting. Ask for volunteers to share their experience. Aim for 2-3 volunteers of varying ages.



Inspire

When we practice perseverance, it is very important that we also practice integrity. Sometimes our desire to finish something that is difficult (homework in a subject we don't like, a chore that seems boring, etc.) tempts us to "cut corners" by not doing everything we were asked to do. Remember, integrity is doing what you know to be both RIGHT and KIND in *every* situation, including times when you must persevere to finish something difficult. Being dishonest to reach a goal is never the right choice!



Empower

Divide your group into 9 even teams (try to keep the same number of students on each team if possible, but numbers may vary slightly). Give each team one letter from the word INTEGRITY. Their assignment is to hunt for something in your space that starts with that letter. If you have more time, or they come back too quickly, have them find 3-5 items that begin with the assigned letter. (Example: Your letter is "I" so they bring back an index card).

Encourage teams to practice both integrity and perseverance during the game. They cannot "cheat" to make an item "sort of" start with their assigned letter (like adding a color in front of the word so it begins with "Y", etc.). They must also persevere in their hunt, even if the letter they received poses a struggle (such as the letter "I").

Have all the teams work together to arrange themselves in order to spell INTEGRITY.





Reflect

Guide a discussion around INTEGRITY and PERSEVERANCE.

- Was it difficult to practice both integrity and perseverance during this game? Why or why not?
- What struggles did you encounter? How were you able to overcome them?
- Why is it important to use integrity when you are trying to reach a new goal?