

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-Concept(s)

Kindness

Lesson Timeframe

45 minutes

Required Materials

- Blindfolds (Can be shirts, scarves, etc.)
- The Empty Pot* by Demi

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.



DESIGNATED BY CASEL
AS A RECOMMENDED PROGRAM
FOR SOCIAL AND EMOTIONAL LEARNING.
See last page for details.

Lesson Objective

Students will:

- 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

As we continue to move through our unit on integrity, let us take some time to focus our attention on the parents our students have. This week's promise reminds us to look at parents in a slightly different light. Promise #2: "I will remember that parents are doing the best they can and are parenting the only way they know how." As teachers, we receive children from every possible background, socioeconomic status, and level of preparedness. It is easy to place blame or judgment when a child's home life appears substandard according to our own personal measures. However, we have a duty to make a positive assumption that parents are doing the best they can. We must respect where they are coming from and use the common ground of education as a bridge to meet them halfway during this joint journey of learning we are on during this school year. Worrying about what you cannot change is unproductive. Show up, be present, and follow through on your words.

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 from the previous lesson. "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 is 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!"

Integrity Read Aloud: The Empty Pot by Demi

7-10 minutes

Link for a read aloud if needed:

<https://www.youtube.com/watch?v=fvRbPr6Mqjl&t=>

- After the story, use the following questions to review integrity:
 - How did this story demonstrate integrity?
 - What temptation did Ping have when he realized others had grown flowers and he hadn't?
 - Why did the emperor choose him to secede as the new ruler?
- Emphasize that Ping showed integrity by doing what is right and kind in all situations. Although he did not understand why his flower did not grow, he was honest with the emperor by showing up with only dirt. His honesty and integrity were rewarded in the end!



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



Reflect

5 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 peaking 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.

RAK Notebook Prompt (See RAK Notebook Project in the Respect unit for more details):

- Write the word INTEGRITY in all caps across the center of your page. Draw a box around it and color it in.
- On all 4 sides of the box, write examples of times where you have either shown integrity or seen someone else show it.
- Think back to the game and The Empty Pot story for ideas!



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AS A RECOMMENDED
PROGRAM FOR SOCIAL
AND EMOTIONAL
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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/>