

Session 7: Honesty

Aspire Programme

TIMES	WHAT	DETAILS	EQUIPMENT NEEDED
10	Ice Breaker	Rob the nest- Split group into 3 teams. Each with a nest in separate parts of the area. Place all collectable balls/objects in the centre of the area. On go, one participant from each team may run to grab an object either from the middle or opposing teams nests, and place back in their own nest. Empty a teams nest if they break any rules.	Hoola hoop x3 Small balls/object x20
15	Connect	“Hot and Not”- Highlight of the week (hot) and lowlight/challenge (not). Connect, and try to learn more about their lives as people. Frontload: Honesty	
15	Loosener/ deinhibitizer	Two lies and a truth- Get everyone to think of a story from their past (using a ‘how I got this scar’ story is a good prompt). Come up with 3 short versions- two lies and a truth.	-
15	Main activity	Trust wave- A participant runs down the middle of two lines of people who flick their out-stretched arms up and out of the way at the last moment as the runner passes in front of them. Before the runner starts, they must verbally ask the group if they’re ready. Group must respond affirmatively before runner may start. For extra challenge, add a blindfold.	Blindfold
15	Debrief/Workbook time	<ul style="list-style-type: none"> - What did you do in that activity? What was the challenge? What happened/how did it go? What did you feel when this (example) happened? - Why do you think it went that way? Why did you feel that way? How honest were you? What importance do you think honesty has? Did being honest build trust? Teamwork? Why? Why else is honesty good? - How can we make sure to be honest? What situations are hard to be honest in? 	Workbook Honestly, What’s wrong with honesty?

Purpose: To discuss honesty, how it honours others, builds trust, and its long term effects on relationships

Activity Briefs:

Rob the nest:

Split group into 3 teams. Each with a nest in separate parts of the area. Place all collectable balls/objects in the centre of the area. On go, one participant from each team may run to grab an object either from the middle or opposing teams nests, and place back in their own nest. Empty a teams' nest if they break any rules: Only one participant at a time may leave the nest, and may only pick up one object at a time. Variations to add in part way through:

- Slow motion/on the moon walking
- Crab walking
- Backwards only
- On all fours

Equipment: Hoola hoops x3, small balls/objects x20

Two lies and a truth:

Gather group to sit down in a circle. Get everyone to think of a story from their past (using a 'how I got this scar' story is a good prompt). Come up with 3 short versions, no longer than 1 minute each- two lies and a truth. The group then guesses which story was true.

Trust wave:

Stand the group into 2 parallel lines approx. 1m apart facing each other, with arms outstretched towards each other. The arms should make a barrier so that no one can walk down the middle of the 2 lines. A participant runs down the middle of two lines of people who flick their out-stretched arms up and out of the way at the last moment as the runner passes in front of them. Before the runner starts, they must verbally ask the group if they're ready. Group must respond affirmatively before runner may start. For extra challenge, add a blindfold.

Equipment: Blindfold x1

Debrief: Workbook- Honesty

- What did I ask you to do? What happened? What was it like? What stood out in this activity?
- So why did this stand out? What do you think honesty has to do with this activity? What kind of impact does honesty have on this activity?
- Does this impact also affect your other areas of life too? What's a situation where it's important to be honest?