

Follow the Leader Stick Game

How does it help students?

- Collaboration and concentration are key components of this game

What will we need?

- Thin wooden dowels approximately 12 inches long (can use unsharpened pencils in a pinch).

How do we do it?

- Everyone partners up
- Stand facing your partner
- Place dowel on fingertip of pointer finger (use same hand as a partner, so you're a mirror)
- Someone will be the leader and someone will be the follower, each person will get a chance to do both.
 - Leader number one: start moving your dowel and your partner has to match your movement so you don't drop the dowel. (approx 1 minute)
 - Switch leaders (approx. 1 minute)
 - Finally don't say who the leader is, someone just decide to be the leader and start moving (approx. 1 minute)

Additional Notes:

- Follow up questions:
 - Who preferred leading? Following?
 - Give yourself permission to experience the opposite of what you prefer from time to time.
 - During the last round, was there a time where you didn't know who was leading?

Source: Kids Yoga Teacher Training Manual, compiled by Halley Firstenberg.