



## Follow the Leader

- OBJECTIVE** Warm Up or Energizer (guaranteed to get the group moving and laughing)
- MATERIALS** Playlist with 5 or 6 songs & Speaker (high energy, up-tempo music with a good beat)
- TIME** **Approx.** 10 minutes

### **DIRECTIONS**

- Divide the group up into teams of 5 or 6 participants each
- Have team number themselves off 1-6, #1 will be the front of the line, #6 will be the end of the line
- When the music starts #1 can move freely around the room - the rest of the line must follow them, imitating whatever they're doing
- Each time the music switches, the person in the front moves to the back and the next person takes over as leader – everyone else must follow along

### **REMINDERS**

- Establish boundaries (where can and can't participants move)
- Keep each other safe \*The rest of the group might not have good knees for deep lunges\*
- Right to pass if you have a physical limitation
- Facilitator: keep each round under 1 minute if you want your group to have enough energy for the rest of the meeting

### **CLOSING**

Have each person give their teammates a “high 10” before making their way back to their seats and crank up the air conditioner, this group just broke a sweat!