

## Follow the Leader

Number of People	Approximate Time	Items Required
Unlimited	Up to 5 minutes	—

This game allows participants to get up and move around after sitting for long periods. It also helps to shake off restless feelings.

1. Form a circle with the facilitator in the center of the circle.
2. Instruct participants to imitate the facilitator's movements. As the facilitator performs each of the following seven actions he/she turns to face everyone in the circle. The facilitator performs the following actions:
  - Snaps his/her fingers together.
  - Claps his/her hands together.
  - Slaps his/her thighs.
  - Slaps his/her thighs and stamps his/her feet.
  - Slaps his/her thighs
  - Claps his/her hands together.
  - Snaps his/her fingers together.