



# YOU PART

Engage. Connect. Empower

## LEADING AND FOLLOWING

**FACTS**

**GOALS**

**MATERIALS**

**INSTRUCTIONS**

**ADDITIONAL INFORMATION**

# LEADING AND FOLLOWING

## FACTS

**Age** of participants: 13 +

**Number** of participants: 8 - 32

**Duration:** 80 - 100 minutes

## GOALS

- Create a safe space where the participants can express themselves freely and respect each other.
- Offer a collective learning process that is both enjoyable and educational for the participants.
- Allow the participants to explore their deepest thoughts on the concepts of leading and following.
- Promote constructive discussions on the topic.
- Make young people aware of their fundamental human rights and encourage their civic and/or political participation.

## MATERIALS

- A space where participants can move around easily
- Sound system and music

# INSTRUCTIONS

## **Step 1 – Initiate the circle of sharing ~ 5 minutes**

All participants gather in a standing circle and briefly share something about themselves (e.g. name and origin).

## **Step 2 – Guided movements in a circle ~ 5 minutes ~ rhythmic joyful music**

All participants hold their hands – together with the facilitator – and begin to move under the guidance of the facilitator.

The movements consist mainly of going back and forth to the centre of the circle - making the circle as small and as big as possible while holding hands.

## **Step 3 – Walk around the room with specific instructions ~ 15 minutes ~ playful rhythmic music**

1. You can only walk forward. In order to change the direction, you have to stop and turn around for exactly 90 degrees.
2. You can also move backwards.
3. Your upper body can make different movements. If you see a movement from another person that arouses your interest, you can copy it and follow the person performing it, or you can take inspiration from it and make a new movement.

**TIP:** *At the end of the exercise, the facilitator can propose a short sharing circle – a short discussion in a circle, in which participants can reflect on their experience gained during the activity.*

## **Step 4 – The human and the shadow ~ 15 minutes**

Choose one of the participants to represent “*The Human*”. Everyone else becomes “*The Human’s shadow*”. When “*The Human*” looks at you, you must stand still. When “*The Human*” sees you move, you become “*The Human*”.

**TIP:** *Short sharing circle.*

## **Step 5 – The sculptor and the statue ~ 10 minutes**

**TIP:** *It is highly advisable to talk with participants about the consent before playing this game. The participants must respect each other's bodies as well as their own!*

The participants form groups of 2 (pairs) where one is the sculptor and the other is the statue.

The theme of this activity is “leaders and followers”.

The sculptors form the bodies of the statues to present their idea of a leader (first round).

Then the sculptors walk around and observe the statues.

Then they return to their own statues, stand in the same pose as their statues and the roles change – those who were previously a statue become the sculptors.

Now the idea of a follower is presented (second round).

**TIP:** *Short sharing circle.*

## **Step 6 – Topic discussion ~ 15 minutes**

Based on the ideas already expressed by the participants, the facilitator initiates a discussion to further explore the participants' thoughts on leading and following.

## **Step 7 – Final presentation ~ 15 + 10 minutes**

**TIP:** *15 minutes preparation + 10 minutes presentation and short reflection.*

- The participants form four groups. Each group invents a story on the topic of “leading and following” which they would like to present.
- They will have to present this story in three still images, using nothing but their own bodies.
- The first image is presenting a situation, the second image is presenting what happened that changed the situation and the third image is presenting how the situation was transformed.

## **ADDITIONAL INFORMATION FOR THE FACILITATOR**

The short sharing circles should be fast and strongly facilitated. The facilitator needs to consider whether this is helpful for the whole process or whether it is better to skip it.

Another exercise - [Colombian hypnosis](#)



# YOU PART

Engage. Connect. Empower

## PROJECT PARTNERS



Co-funded by  
the European Union

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.