



TITLE of the activity: Find Your Leader and Dance Up Storm

Type of activity: Brain Break

Age range: 7-15

Materials: No materials needed

DESCRIPTION:

*The group is in a circle or shuffled walking position. A midwife is selected and taken out. A leader is selected from the group and the following instruction is given to the group; “Do what the leader does”. The midwife who is taken in is asked to find the leader. The midwife’s leader has three guesses. If he finds the leader, the new midwife becomes the leader. If he cannot find it, he continues as a midwife again.

*Play a catchy tune and let students freely dance(or call out such as ”Dance as if you have just woken up) every so often, pause the music and have students freeze on the spot, likely in comical poses

Evaluation questions

What would you like to say about the activity? How did you feel?



Dane Up Storm



Find Your Leader