

Follow the Leader Idea Sheet

During the activity tell the children to do simple things like the following:

Pat your head.

Rub your tummy.

Count to three.

Jump on one foot.

Jump on the other foot.

Touch your toes.

Touch your nose.

Reach up high.

Wave “hello.”

Shake someone’s hand.

Touch your shoulders.

Clap three times.

Turn around.

Go quietly back to your seats!

Repeat these or make up more.