

HANDBOOK FOR TEACHERS

ART FOR WELLBEING IN THE CLASSROOM

FOLLOWING AND LEADING

Good for	Relating to others Exploring power dynamics Concentration Fun Movement skills Group 10 -30
Length	10 mins
Resources	Big room / Outdoors
Actions	<ul style="list-style-type: none">• Put the group into pairs, standing• In each pair one person is the leader and the other person will follow• Leaders hold out an arm with a flat palm• Followers to stand with their face 20- 30cm from the leader's hand• Leaders to move around the room slowly, followers follow• They can go high, low, around other pairs, obstacles• When finished, ask the group how it felt to be leading / following• Ask them to consider the responsibility of being a leader – caring for the person you are leading. <i>How did it feel to follow? How did it feel to trust the other person?</i>
Tips	Demonstrate before handing it over to the group Try it with the previous activity
Variation	-

