



Leadership

15

When Somebody Claps Twice: Middle School Activity

*This activity emphasizes autonomy and teamwork,
two skills necessary for good leaders to have.*

Supplies Needed:

1. A small piece of candy or other object (one for everybody involved)
2. Cut the handout (next page) into strips. Each person should have at least one piece of paper; if you have a smaller group, each can have two or three.

Instructions

Sit in a group, and explain that everybody has a responsibility written on their piece(s) of paper, and that they need to pay attention in order to achieve the group goal. Give everybody a moment to read their paper, then clap twice, which starts the action.

If somebody goes too early or misses their cue, start again until the sequence can be completed fully.

Once you've finished the exercise, talk about it with these suggested questions:

1. Was it easy to reach the goal? Why or why not?
2. Was it hard not having a leader telling you what to do?
3. What qualities does this game require that also overlap with the qualities of being a leader?
4. Do you think it's possible to lead without having the title of coach or captain? If so, how?

*Cut each of these into strips. Each person should have at least one piece of paper;
if you have a smaller group, each can have two or three.*

When somebody claps twice, stand up and say "Hello!"

When somebody says "Hello," get up and snap your fingers.

When somebody snaps their fingers, yell "I love to play _____!" (fill in your sport)

When somebody yells "I love to play _____ (fill in your sport)!" stand up and spin around twice.

When somebody spins around twice, make a loud cow (mooing) noise.

When somebody makes a cow (mooing) noise, stand up and say "I'm glad to be here!"

When somebody says "I'm glad to be here!" stand up and flap your arms like a bird.

When somebody flaps their arms like a bird, get up and march in place.

When somebody marches in place, make a loud sneezing sound.

**When somebody makes a loud sneezing sound, feel the forehead of the person
next to you and shout "Somebody get a doctor!"**

When somebody shouts "Somebody get a doctor!" sing "Mary Had a Little Lamb" in a loud voice.

When somebody sings "Mary Had a Little Lamb," skip around the coach or teacher two times.

When somebody skips around the coach or teacher two times, laugh really loud.

When somebody laughs really loud, stomp your feet for five seconds.

*Cut each of these into strips. Each person should have at least one piece of paper;
if you have a smaller group, each can have two or three.*

When somebody stomps their feet, do a cheerleading move and say "Rah! Rah! Rah!"

When somebody does a cheerleading move and says "Rah! Rah! Rah!"

tell us what time it is in a loud voice.

When somebody tells us what time it is, shake hands with the person next

to you and loudly say "Nice to meet you!"

When somebody says "Nice to meet you!" say "I have a question."

When somebody says "I have a question," yell "The answer is seven!"

When somebody says "The answer is seven!" go to the front of the room and make the

letter Y with your body. Yell out "Y" and stay there.

When somebody makes the letter Y, grab two other people, go to the front of the room, stand next to the

Y and make the letters M, C, and A, then sing "YMCA."

When somebody sings "YMCA," hop on one foot for five seconds and yell "I am a rabbit."

When somebody says "I am a rabbit," say "Here comes Peter Cottontail!"

When somebody says "Here comes Peter Cottontail!" give everybody a piece of candy!



Leadership



Three Leaders Activity: High School Activity

Ask for three volunteers to come up in front of the group. Take them aside, and assign each of them one of these roles (see Lesson Companion for reference):

1. AUTHORITARIAN LEADER

2. DEMOCRATIC LEADER

3. LAISSEZ-FAIRE LEADER

THE TASK: Tell the three leaders that the coach asked you, the captain, to design a warm-up routine for the team. After you design it, you need to lead them through it. The routine needs to have some cardiovascular activity, as well as some stretching, and it shouldn't take longer than two minutes.

Give the volunteers a few minutes to design their task, then have each of them lead the group in their routines.

Once everybody has led the group, have everybody sit back down and discuss the following questions:

1. *What did you like about the authoritarian leader's style? What did you dislike about it?*
2. *What did you like about the democratic leader's style? What did you dislike about it?*
3. *What did you like about the laissez-faire leader's style? What did you dislike about it?*
4. *Which of these leadership styles do you think would work best for your own team?*
5. *Do you think you need all three leadership styles in sports? Why or why not?*