

# Tearing Off Your Labels

## 5. Follow the Leader

**Spatial Requirements:** Regular classroom setup: little or no space required

**Activity Type:** Movement/group

**Grades:** 1-12

**Group Size:** 2 or more

**Time:** 5-10 minutes

**Introduction:** We generally earn labels through our actions. This activity will teach students that “actions speak louder than words.”

**Materials:**

- None

**Activity:**

Ask the group members to follow what you say and do. Put your hands up and say, “Up.” Do the same thing with down, right, and left. Repeat this three or four times to make sure the entire group is with you. Now tell the group to follow what you do and not what you say. (Put your hands up and say “Down,” “Right,” “Left,” etc.) Do this five or six times, increasing in speed as you do the opposite of what you say. After the group is completely confused, stop the activity.

**Processing the Experience:**

- Why was it harder to do the second activity? (I was saying one thing and doing another.)
- Do we ever tell parents, teachers, and school officials one thing and do another?
- What happens if we do that on an ongoing basis?
- Do we sometimes earn labels (lazy, druggie, troublemaker, etc.) because of our behavior?