

Copy Cat, Copy Cat

Impact: Awareness of how people consciously follow or lead other people in their daily lives.

Risk: Low to moderate

Group Size: 10 or more

Time Required: About 15 minutes

Directions:

- Start by telling the group that it's probably been a long time since any of them has played "Follow the Leader." This time everyone gets a chance to be leaders and followers.
- Ask the group to form a circle. Tell the participants they each have to pick someone in the circle to be their leader but not to tell anyone who their leader is.
- Explain that the object of the activity is for them to mirror the pose their leader is in. Whenever their leader moves, they have to do the same thing. Ask them to try to watch their leaders without staring directly at them. That way, the leaders won't know who's following them.
- Before you give your cue to start, make sure everyone has selected a leader and have them close their eyes and get into a comfortable position. When they open their eye on your cue, the fun begins!
- Most of the time, after several patterns of movement for around the circle, everyone ends up in the same pose.

Option:

- Whether or not you want to process this activity is up to you, but here are some questions you might want to try out on your group:
 - How easy was it for you to follow your leader without staring at them?
 - Could you figure out who was following them?
 - Did you ever feel left out or uncertain?
 - What did it feel like to try to conform to someone else's movements?
 - Do you ever feel the same way at school? Are there consequences if you don't conform?

© Diversity in Action, Project Adventure, used by permission.

Want More?

For more **identity games**, please see our book Growing Together at thefoodproject.org/books.

Want to learn more about how we create youth leadership development models in the context of farming, our social justice curriculum, and our food access initiatives? Attend one of our Institutes! More info at thefoodproject.org/institute.

