



# RecipeCards

A Project of the Jeffco Student Health Advisory Council

## ***BLEND AND FOLLOW***

*An activity to find the leader of the group's actions.*

**Time**  
5-20 Minutes

**Group Size**  
10-45 Students

**Materials**  
None

### **INSTRUCTIONS**

1. Everyone gathers in a circle (sitting/standing as preferred).
2. One person leaves the area.
3. Rest of group chooses a person to lead the actions.
4. Leader will create an action and everyone must follow and continue the action.
5. Person that left will now return and stand in the center. As the Leader changes the action and everyone follows, Center person must figure out who the Leader is.
6. When Leader is distinguished, another round may begin. With the Leader now as the Center person to step out. A new Leader is chosen for the next round.

### **DISCUSSION QUESTIONS**

- Is it important for a leader to stand out? For an idea to spread quickly? Real world applications/examples?