

A background image of a musical score with several staves of music, including notes, rests, and clefs, arranged diagonally from the top left to the bottom right. A yellow rectangular box is overlaid on the top right portion of the image.

Follow the Leader

Supplies:

- Music - Any songs that you and your child like!

Activity:

- The more the merrier for this activity, so try and get the whole family to join in!
- Have everyone sit in a circle or around a table so everyone can see one another.
- One person will be the leader and everyone else will be a follower.
- The music begins and everyone will find a steady beat by patting their legs (or the table)
- Without saying anything, the leader will then chose a new way to keep the steady beat. This could be anything from clapping their hands, to tapping their head, to a combination of stomps and snaps, etc.
- The leader will continue to change the way the steady beat is kept without saying anything, while others pay close attention to follow.
- A leader's turn may be as long as you'd like.
- When their turn is up, all the followers will close their eyes, the leader will stand up, and tap someone on the shoulder, making them the new secret leader for the next round.
- Once the music begins and everyone finds the steady beat by patting their legs, everyone must pay close attention to find out who the new leader is.
- Play as many rounds as you'd like and try to find new and creative ways to keep the steady beat each time!