

Get up &  
**go!**

## How to play

This game can be played indoors or outdoors and with a group.

Choose a leader and everyone else is to make a line behind them.

The leader is to start walking and make simple moves like hands on heads, star jumps, sit down or stand up.

Each person in the line behind the leader must copy every move. If you get a move wrong, then sit down until the game starts again.

Take turns to be the leader.

The last player standing, wins.

Play games for 20 minutes three times today.

1000  
TWEAKS  
TO FOLLOW GREAT

No  
equipment  
required

# Follow the leader