



play to lead

PLAYFUL ACTIVITIES FOR
LEADERSHIP TRAINING

shapes with ropes

COMMUNICATION

TEAMWORK

TRUST

Have a rope long enough for each member of the group to hold a portion. (Recommended maximum group size is 6-8). As the facilitator, tell the group a shape they need to make with the rope. Start easy with shapes and challenges. Then, add harder shapes and more difficult techniques, such as having some of the group blindfolded, standing backwards, or remaining silent.

playing card cliques

EMPATHY

COMMUNICATION

DEVELOPMENT

Give each group member a playing card face down and instruct them not to look at it. Each playing card suit represents a "social clique." You can modify these based on your needs but some may include: "popular kids," "loners," "friendly with everyone." Group members will hold their cards on their foreheads face out and treat each other per their assigned suit. At the end, each player guesses their "clique." This is to show that how we treat others matters. How do we feel treating people the way we did and how did we feel receiving that treatment?

flip me the bird

TEAMWORK

PREPARING FOR THE UNEXPECTED

SFW Name: Toss Me The Duck

This is a version of tag. There are safety items that prevent you from being tagged. I use rubber duckies, but they can be anything! Have 2-3 safety items per 8-10 participants. The taggers cannot tag a person with a safety item. These safety items can be tossed, handed off, etc to other members who are close to a tagger to avoid being tagged.

UNLEASH YOUR NATURAL TALENT TO PLAY

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