

COPY OR CHOOSE?

THIS ACTIVITY EXPLORES:

Copying, confidence and making your own choice

HOW TO SET-UP?

Ask the group to spread out safely. Explain that they will copy a leader, then choose their own actions.

YOU WILL NEED:

A safe space to move

TIME NEEDED: 10 MINUTES

HOW TO RUN IT

1. Ask children to stand in a space where they can move safely.
2. Explain that you are going to do some actions and they should copy you.
3. Use simple actions such as clapping, waving, jumping, spinning, touching toes or making a funny face.
4. After a few rounds, tell them that this time they can either copy you or choose their own action.
5. Try a few more rounds.
6. Ask them how it felt to copy and how it felt to choose something different.

QUICK DEBRIEF

Was it fun to copy?

How did choosing your own action feel?

When might it help to pause before copying?

Make it harder

Let them take turns being the leader, then ask the group to choose whether to copy or do their own action.

KEY MESSAGE

Copying can be fun, but we can stop and choose what feels right for us. It is okay to make a different choice.