

# The Making of a Leader: Activities for Igniting The Leadership In Your Young People (and your staff. And yourself.)

## Name Tag Introductions

- Have participants grab a name tag and write their name and one positive word to describe them. Have them introduce themselves at their tables with their name and their word.
- Later that same day do the following activity:

## Sticker Validations

- Albert Schweitzer said, “In everyone's life, at some time, our inner fire goes out. It is then burst into flame by an encounter with another human being. We should all be thankful for those people who rekindle the inner spirit.”
- Tell participants that the best way to ignite the leadership in ourselves is to actually believe that we are. So think about your answer to this prompt: I Am My Best Me When I... and now look back at the word you wrote on your name tag. What would you add to it?
- Next, give everyone a sheet of stickers and have them walk around the room sharing their answer to the “I Am My Best Self” prompt with as many people as possible. When people hear their answer, they should give them a sticker and say “Yes! That’s True!”

## Defining Leadership

- Ask participants to think about the leadership qualities that they admire and have them write those on the back of a sentence strip.
- Next, have participants talk at their tables about role models they’ve had and what qualities they have. (add those qualities)
- Then, have participants talk about anti role models they’ve had, and what qualities they have.
- Ask participants to think about what is leadership, and then take a sentence strip or index card and write this sentence, *leadership is...* and then fill in the blank for themselves with ONE OR TWO WORDS ONLY
- Once everyone finishes, have them tape their sentence strip to the wall.

## Quotes Walkabout

- Distribute quotes strips to everyone and have them take a moment to read their quote.
- Tell participants that you are going to play some music and as the music plays, they should walk around the room and share their quote with others, and listen to theirs, getting to as many people as they can. (allow this activity to continue for the length of one or two songs, depending on how much time you have).

### **Leadership Snowball Fight, Version One**

- Have participants pick one leadership quality that they believe they truly exemplify and write it on a piece of **blue** paper.
- Next have them think of one way that they can or do contribute to their community, and write that on a piece of **orange** paper.
- Finally, have participants think of one way that they can be or are helpful to someone else, and write that on a piece of **yellow** paper.
- Have everyone crumple their papers, and on the count of three: Snowball Fight!!!!
- Now have everyone pick up one blue, one yellow, and one orange piece of paper
- Have participants find a partner, and talk about the papers they received... where can they exhibit that leadership quality? How could they similarly be helpful? Could they also contribute to their community in that way?

### **Leadership Snow Ball Fight, Version Two**

- Give each participant three pieces of paper
- Ask them to write one leadership quality that they possess on each sheet of paper.
- Then have them crumple up each paper with the leadership qualities, creating snowballs
- Have everyone crumple their papers, and on the count of three: Snowball Fight!!!!
- Once you stop the game, have each person pick up three snowball from the ground and open them
- If the participants know each other:
  - Have participants think about three other participants in the room that they believe have the same leadership qualities that are on the three snowballs.
  - Ask participants to take the paper to those other participants and give it to them, sharing their leadership quality aloud.
- If the participants do not know each other:
  - Have participants group with two or three others and discuss the leadership qualities they picked up—if they think they are important qualities, if they feel they possess those qualities, etc.

### **Story Time**

- Read a children's book and then discuss how it relates to the participants.
- For example, read "How Full Is Your Bucket?"
- Have participants make a list of all the ways they can fill someone else's bucket today
- Have them walk around and share with as many people as possible
- Other great stories: "I Like Myself!", "Harold and the Purple Crayon," and "The Dot"

### **Leadership Speed Round: Pass the “\_\_\_\_\_”**

- Give each table or small group of participants a small rubber duck, finger puppet, or bouncy ball
- Like “hot potato,” ask participants to start passing the object around the table when the music starts
- When the music stops, the person holding the object needs to answer a question with their table mates
- Sample questions include:
  - What do you get complimented the most on?
  - When do you feel happiest?
  - What do you think you are good at?
  - What do you see yourself doing in five years? Ten? Twenty?
  - If you were an animal, what kind of animal would you be, and why?
- Do two or three rounds; on the last round tell the person holding the object that they can keep it

### **Rock Paper Scissors Re-Mix**

- Have participants break into pairs
- Remind everyone the rules of “Rock, Paper, Scissors”: Pairs shake their fists together, counting to three, and then after “three” they throw out either a rock, a scissors, or a paper. Rock crushes scissors, Scissors cuts paper, Paper covers rock
- Have each pair compete against each other, using the best 2 out of 3 shakes of Rock, Paper, Scissors
- In the first round, the person who loses is now the cheerleader for the winner in future rounds
- Have each pair find another pair to compete with—with the two winners competing and the two cheerleaders supporting their teammate.
- Each time someone wins they take their cheerleading squad to the next level ... so after the foursome finishes, they find another foursome, and the two winners compete while the rest of the team cheer their team member on.
- Each team continues to compete until there are two opponents left
- Cheerleaders do a special introduction of their winner to the last opponent and the final two play to the finish
- Afterward, talk to participants about how “losing” felt when they got to be the cheerleader for their opponent. Talk about what happened to the energy in the room.