



Head Honcho

This follow-the-leader reboot is a great way to start the day with movement, laughter, and a discussion of the importance of physical activity.

TO PLAY

1. Have students stand in a circle.
2. Select one student to leave the room. Once he or she is out of the room, select one student in the circle to be the Head Honcho. Instruct everyone else in the circle to watch the Head Honcho and follow the movement he/she does, such as hopping on one foot, flapping his/her arms like a bird, slapping his/her knees, etc. (The goofier, the better!) Instruct the Head Honcho to change the movement every few seconds.
3. Bring the outside student back into the room and have her stand in the middle of the circle. Then challenge her to watch the movements in order to guess who the Head Honcho is.
4. If the guesser is correct, let her select the next student to leave the room. Then choose a new Head Honcho and repeat Steps 2 and 3.
5. After playing for five or ten minutes, say, "For this game to work, you had to follow someone else's lead. In much the same way, we often are influenced to change our behavior because of the example set by someone we look up to. It's a fact that healthy hearts need regular physical activity. Who do you know who is a good example of a person who has made regular physical activity a priority? How can you follow this person's lead and start making sure you are getting the recommended 60 minutes a day of active play?" Discuss and remind students about your school's upcoming American Heart Challenge event.