



Leadership

Leadership Exercises

Everyone can be a leader. You already have it in you. Try these leadership exercises to see just how good of a leader you are.

1. It's All in the Instructions Activity

Get into pairs. Sit back-to-back. One person draws. The other person gives instructions. These are instructions on something to draw. This can be anything, like a house, an animal, or a bowl of fruit. The other person must draw what is being described. The person giving the instructions can't see what the person is drawing. The trick here is in the instructions. They must be clear and easy to follow. When finished, look at the drawing. Switch places and try the activity again.

How does the drawing compare to your instructions?

2. House of Cards Activity

Get into small groups of 3 to 5 people. One person is chosen as the leader. Your group must build a house of cards using a single deck of 52 playing cards. Here's the catch: only one person can build at a time. The leader is in charge of telling the group who can go, how many cards they can use, and where to place these cards. The leader will have to work with their group to make these decisions.

How high did you get your house of cards?

How many times did it fall and you had to restart?

3. The Mute Leading the Blind Activity

Get into pairs. One person is blindfolded. The other person can't talk. Have the person who can't talk lead the blindfolded person around the room. The blindfolded person is led to 2 things in the room. They need to guess what these two things are by only touching it. Switch places and try the activity again.

How did the blindfolded person feel doing this exercise?
